



SEX EDUCATION

Cumberland School Specialist Sports and Applied Learning College believes that effective sex and relationship education (SRE) is essential if our young people are to make responsible and well informed decisions about their lives. The objective of SRE is to help and support young people through their physical, emotional and moral development. The programme offered in school is designed to help young people respect themselves and others and move with confidence from childhood through adolescence into adulthood. SRE plays an important role, alongside other aspects of the curriculum and school life, in helping pupils deal with difficult moral and social questions.

As part of SRE, pupils should be taught about the nature and importance of marriage for family life and bringing up children. However, pupils should also be taught that there are strong and mutually supportive relationships outside marriage. Care needs to be taken to ensure that there is no stigmatisation of children based on their home circumstances. Pupils should learn to understand human sexuality, learn the beneficial reasons for delaying sexual activity and learn about obtaining appropriate advice on sexual health.

The school is aware of the Social Inclusion Report on Teenage Pregnancy and the role of effective SRE in reducing the incidence of teenage conceptions.

Curriculum

PDE, Science, RS and PE are the main contributors to the delivery of SRE. The timing and delivery of any aspect will be appropriate to the pupils age and needs. The SRE programme meets the requirements of the PDE Framework, the National Science Curriculum and the National Healthy School Standard.

The following aspects will be part of the SRE programme:

- Friendship
- Puberty
- Menstruation/Menstrual Cycle
- Personal Relationships
- Sexual Activity
- Child Protection/Support Agencies
- Reproduction/Conception
- Contraception
- Childbirth
- Decision Making
- Partnership/Marriage/Divorce
- Sexuality
- Stereotyping
- HIV/AIDS
- Decision Making
- Sexual Activity
- Sexuality
- Sexually Transmitted Diseases
- Contraception
- Abortion

- Family Groupings
- Organisations related to Sexual Health
- Personal Relationships

All materials and resources used in the delivery of SRE must be in accordance with the PDE Framework and the law. Inappropriate images should not be used nor should explicit material not directly related to explanation. Staff must select materials with regard to the age and cultural background of their pupils. Staff should make every effort to ensure that pupils do not access unsuitable materials on the internet.

All pupils are entitled to high quality sex and relationship education. The SRE programme is inclusive and focuses on boys as much as girls. Teachers should liaise with the SEN Department to ensure that pupils in their care with special needs and learning difficulties are properly included in SRE.

The school recognises that some teachers may find the delivery of SRE difficult. A set of ground rules will help teachers create a safe environment in which they do not feel embarrassed or anxious about unintended or unexpected questions or comments from pupils. Ground rules should include:

- No one (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 body parts will be used.
- Meanings of words will be explained in a sensible and factual way.

Teachers may wish to add other ground rules to meet their particular needs.

Specific Issues When Teaching SRE

Puberty

Most of our pupils will have learned about puberty in their primary school. It is important however, that this topic is revisited in Year 7 in order that pupils fully understand that they will change and develop, and will have confidence in managing physical and emotional changes.

Menstruation

The onset of menstruation can be alarming for girls if they are not prepared. National Curriculum Science Key Stage 3 requires that pupils are taught the biological reasons for menstruation. However, staff should also be prepared to deal sensitively with girls learning to cope with menstruation and with requests for sanitary protection.

Contraception

Knowledge of the different types of contraception, and of access to, and availability of contraception is a major part of the Government's strategy to reduce teenage pregnancy. Pupils are taught about the different methods in both Science and PDE. Whenever possible the school will make use of adults other than teachers, with specialist training in this area. For example, Sexual Health in Newham (SHINE) are invited in to deliver this topic as part of the Year 9 PDE programme.

Abortion

The issue of abortion is discussed as part of the RS curriculum. Pupils should be given the opportunity to explore the moral and personal dilemmas involved. Staff should always be aware of and respectful of the religious convictions of pupils and their parents.

Safer Sex and HIV/AIDS and Sexually Transmitted Infections (STIs)

This topic is taught in both PDE and Science. Pupils must be made aware of the risks of STIs including HIV and be taught about prevention, diagnosis and treatment. SRE enables our pupils to understand what is risky behaviour and what is not. SRE helps pupils develop the skills to enable them to avoid being pressured into unwanted or unprotected sex. The school can refer pupils with particular concerns to local health professionals.

Sexual Orientation

Teachers should deal honestly and sensitively with sexual orientation. Staff should answer appropriate questions and offer support. There should be no direct promotion of sexual orientation.

Cumberland School Specialist Sports and Applied Learning College will not tolerate bullying, including homophobic bullying. Staff should refer to the Bullying Policy.

Roles and Responsibilities

The Personal Development Education (PDE) Coordinator oversees, manages and monitors those aspects of SRE taught within the PDE curriculum.

The Teacher in Charge of Science oversees, manages and monitors those aspects of SRE taught within the Science curriculum.

The Teacher in Charge of Religious Studies (RS) oversees, manages and monitors those aspects of SRE taught within the RS curriculum.

The Healthy Schools Coordinator is responsible for liaising with outside support agencies for sexual health for parents evenings and other extra curricular functions.

SRE is line managed by an Assistant Headteacher who reports to the Leadership Group and Governing Body.

Teachers who are Form tutors for pupils in Years 7, 8 and 9 deliver SRE through PDE primarily. The units of work and support materials are provided by the PDE Co-ordinator.

Adults Other Than Teachers

Cumberland School Specialist Sports and Applied Learning College employs a number of adults other than teachers who also contribute to SRE. Learning Mentors and Youth workers have a unique role in that they are often able to develop an open relationship with young people within which very effective sex and relationship education and sexual health promotion is possible.

All adults employed by the school must make it clear that they cannot offer or guarantee absolute confidentiality when pupils disclose personal information to them. Staff should refer to the Child Protection Policy.

Health professionals are bound by their own professional codes of conduct to maintain confidentiality. However, in a classroom situation they should avoid accepting inappropriate personal disclosures. Outside the teaching situation, health professionals can give one to one advice or information to a pupil on a health related matter including contraception.

Cumberland has strong links with the Newham Sexual Health Team (Shine) who come in annually to work with staff and pupils in Years 9 & 10 to support the delivery of more sensitive areas of SRE.

Parent/Carers

Parent/Carers have the right to withdraw their children from all or part of the SRE taught in the school except for those parts included in the statutory National Curriculum.

Monitoring and Evaluation

The school has a well established lesson monitoring system. It is the responsibility of Teachers in Charge and their line managers to monitor the teaching of SRE as part of their programmes of study.

Teachers of PDE are expected to feedback to the PDE Coordinator on all units of work so that the programme can be continuously improved to better meet the needs of our pupils.

Pupil representatives on Year Councils will be given the opportunity to feedback on their experiences of SRE and make suggestions for future developments.

This Sex and Relationship Policy is to be reviewed and updated annually.