



Relationships and Sex Education Policy

Relationships and sex education (RSE) involves learning about the emotional, social and physical aspects of growing up; relationships; sex; human sexuality and sexual health.

(RSE) aims to equip students with the information, skills and values they need to enable them to make informed choices now and in the future. For generation z, post internet births, the provision of high quality RSE is more important than ever in facilitating positive health and wellbeing outcomes. Leighton Park School believes students should have a clear understanding of safe, fulfilling and enjoyable relationships and learn to take responsibility for their own personal health and well-being. . SRE aims to contribute to behaviour change, including reducing unprotected and unwanted sex and reducing harmful behaviours such as assault and abuse. Developing a positive self-image and self-worth are fundamental objectives of SRE;

Education on sex, relationships and sex-related issues will be delivered mainly as part of the 'Your Life' (PHSCE) programmes of study under the leadership of the 'Your Life' organiser, school nurses and the tutors, with support from outside agencies where this is judged to be appropriate. Some issues will arise in other lessons, such as Beliefs and Values, and the biology of sex will be taught in science lessons. Sex education will form part of a programme which begins in Year 7 and continues, formally until Year 13. At each stage materials and approaches will be appropriate for the age and understanding of students.

Parents have a right to withdraw their child from RSE lessons. If they wish to do so, they should communicate with the Head of Pastoral Welfare so that alternative provision can be made.

We aim to deliver SRE in a way which maintains confidentiality for students and offers protection under the Childrens Act.

We aim to ensure that students:

are informed about: Sexual and Reproductive Health

- The biology of puberty and sexual reproduction
- Pregnancy, Labour and Birth
- Becoming and being a parent
- Understand issues around sexual health and have the ability to control their own sexual health
- The different methods of family planning including contraception, how they are used and how effective they are
- Types of STI's (including HIV/AIDS), how they are transmitted, how they can be prevented.
- Sexuality & Sexual Pleasure
- Sexual myths and stereotypes
- Accessing local services
- Pregnancy decision making
- Abortion
- Alcohol or Drugs and their effect on the body in relation to sexual activity
- Understand the consequences of their own actions and decisions

have opportunities to discuss and consider with confidence in a supportive environment:

- Marriage, long term partnerships and family life including parenthood
- The development and sustaining of relationships including consent, trust, honesty, respect, equality and communication
- Adolescence and developing sexuality
- Sexual orientation
- Self-esteem and self-confidence including body image
- Teenage pregnancy
- Abortion
- Same sex relationships
- Gender identity and gender reassignment
- Gender and sexual stereotypes
- Sexual bullying, homophobia and transphobia
- Sexual harassment, Sexual Assault and Rape
- Domestic Violence
- Female Genital Mutilation
- Equalities
- To look at moral values and explore those held by different cultures
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are confident in developing personal responses in situations where sexual activity may be expected or desired and be able to express and understand their own feelings.

understand confidentiality, safeguarding, Sex and the Law

- The law relating to sexual activity.
- School rules relating to sexual relationships in school
- Confidentiality
- Safeguarding, including internet and phone safety, pornography, sex in the media and sexting
- Children and Young People's Rights

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