



**SEX AND
RELATIONSHIP
EDUCATION
POLICY**

DOCUMENT CONTROL

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Version	Date	Comments	Author
01	March 2011		Des Bird
02	June 2013		Des Bird
03	April 2016		Sophie McCabe
04	September 2018		Sophie McCabe
05	September 2020		Melissa Relph
06	September 2022		Vicky Stabler
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At West Lakes Academy, Sex and Relationship Education (SRE) is about the physical, moral and emotional development of our students. It is also about the understanding of the importance of stable and loving relationships and the nurture of children. It is centred on learning the value of family life, respect, love and care. It will include the teaching of sex, sexuality and sexual health, and the maintaining of informed choices.

This policy is both culturally appropriate and inclusive of all students.

MORAL STATEMENT

Learning the importance of values, individual conscience, moral considerations and responsibility for your own actions.

Learning the value of family life and stable, loving relationships and the nurture of children.
Learning the value of respect, care and self-esteem.

Exploring, considering and understanding moral dilemmas.

The aim of Personal, Social, Health and Economics (PSHE) is to equip students with current, up-to-date information on issues that they may face in the wider world to enable them to make informed choices and opinions, from drugs to bullying and RSE (which focuses the effective delivery of relationships education, including sex education within secondary schools). PSHE and RSE are obligatory but non-examined subjects which help to equip our students for life outside school and the role they take on after education. RSE is not about encouraging teenagers to become sexually active nor is it about promoting any particular lifestyle or relationship choice. RSE is about providing pupils with the knowledge, skills and confidence to make safe, healthy and informed relationship choices as young people and in the future as adults.

West Lakes Academy is founded on inclusivity, this inclusivity includes gender, sexual orientation, race, religion, LGBT+ and is the basis for which successful PSHE, and in turn, successful pupils are created. The intended outcomes for our programme are that pupils will:

- learning to manage emotions and relationships confidently and sensitively.
- developing self-respect and empathy for others with an absence of prejudice and discrimination.
- learning to appreciate the consequences of choices made.
- learning how to recognise exploitation and abuse.
- developing critical thinking as part of decision making.
- develop the attributes of confident, well informed and inclusive young adults

KNOWLEDGE AND UNDERSTANDING

Physical development, human sexuality, reproduction, sexual health and relationships. Contraception and the range of support services.

Learning the reasons for delaying sexual activity and the benefits to be gained from such delay for example ensuring sufficient maturity is reached within an appropriate relationship.

CONSULTATION

This SRE curriculum includes consultation with students, student leadership team, staff, parents and governors.

PROVISION

The provision of SRE is mainly through Personal Development (PD) and science. There is a discrete PD team who are responsible for the provision SRE within the academy. We work with local agencies such as NHS Cumbria, the police school liaison officer and local voluntary organisations to enhance the SRE programme.

Personal Development lessons are taught for 55 minutes each week by the class teacher. All teachers of PSHE will have access to a range of resources and support to ensure teaching is accurate, supportive and appropriate for their learners needs. The teachers are all supported by the subject lead.

Governors will be responsible for the policy and ensure all aspects of the policy meet statutory regulations and guidance with support of the Head Teacher. The PSHE subject Lead will be responsible for the production and upkeep of teaching resources and ensure the provision is to the highest possible standard. Staff will be given professional training opportunities on a regular basis and in line to meet any identified needs.

TEACHING AND LEARNING STYLES

The programme of study has been created to meet the needs of our learners whilst at the same time covering the legal requirements set out by the Government. We use a range of teaching and learning styles to teach PSHE and RSE. We emphasise active learning by including the children in discussions, investigations and problem-solving activities. Formative assessment will be on going throughout the entire programme and should be the main driving force in meeting our student's needs. At the beginning and end of each topic the knowledge and understanding of the pupils will be assessed and used to inform future teaching. Pupils will have opportunities to review and reflect on their learning during lessons and pupil voice activities and this will be vital in adapting and amending planned learning activities.

Due to the nature of PSHE and RSE we will ensure that pupils are taught in a safe learning environment with clear ground rules and where possible distancing techniques will be used to keep our pupils safe and confident. All sensitive issues will be handled with care and any safeguarding issues will be dealt with in line with school policy.

STAFF TRAINING

Although there is a discrete and fully trained team for SRE all staff may be consulted and involved in the implementation of this policy.

SPECIFIC ISSUES

This policy will respond to needs and this will be supported by other school policies for example: the Anti-Bullying policy, Child Protection policy, Equality policy and Drugs policy.

CONFIDENTIALITY

In the event that personal disclosures occur the teacher will follow the academy's Child Protection policy

MONITORING

SRE is monitored and evaluated at the end of each unit of work through discussions with students and departmental meetings in discussion with the team who deliver it.

The SRE programme is reviewed annually and the policy will reflect and respond to relevant

local and national incidents and issues.

PARENTAL ENGAGEMENT

Parents will have access to the PSHE policy at all times via the academy website and any changes will be notified. We are fully committed to working with parents and carers and will work closely with them so that they are fully aware of what is being taught. Parent information sessions and use of digital communication will empower parents to follow up PSHE and RSE work at home and we welcome your feedback regards any and all content.

PARENTS' RIGHT TO WITHDRAWAL

You cannot withdraw your child from Health Education or the Relationships Education element of RSE because it is important your child receives this content. If you do not want your child to take part in some or all of the Sex Education lessons delivered at school, you can ask that they be withdrawn. The Head Teacher will request a meeting to discuss this with you, and will grant this in all but exceptional circumstances, up until three school terms before your child turns 16. At this age, your child can choose to receive Sex Education if they would like to, and the school will arrange for the child to receive this teaching in one of those three terms (unless there are exceptional circumstances).

There will be no parental right to withdraw from relationships education, health education, or sex education delivered as part of the science curriculum.

INCLUSION

West Lakes Academy has a duty to ensure that all children are properly included in SRE irrespective of "age, gender, disability, gender reassignment, race, religion or belief, sex or sexual orientation, with special education needs and learning difficulties" are properly included in SRE. We believe SRE should help all students understand their physical and emotional development and enable them to make positive decisions in their lives.

TEACHING PSHE TO CHILDREN WITH SPECIAL EDUCATIONAL NEEDS

We teach PSHE and RSE to all children (Sex Education at Secondary), regardless of their ability. Our teachers provide learning opportunities matched to the individual needs of children with learning difficulties. When teaching PSHE, teachers take into account the targets set for the children in their IEPs, some of which targets may be directly related to PSHE and RSE targets. For gifted and talented pupils, teachers will provide additional opportunities to take responsibility, develop leadership skills, think creatively and use their talents for the good of the class or the wider community.

Annual Outline

Key -	Health and Wellbeing	Relationship	Living in the wider world	Citizenship
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Key Stage 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Moving in Transition to secondary school, relationships, confidence and problem solving	Having your say Citizenship and democracy	Eat you way to health Diet, exercise and healthy choices	My changing body, Puberty, self-care and healthy routines	Money, money, money Banking skills, accounts	Stay cool for summer Personal safety, online safety
National Events	National Parliament week (6 th -12 th Nov) Anti-bullying week (13 th – 17 th Nov)		Make Your Mark (Jan/Feb) World Cancer Day - Signs and Symptoms (4 th Feb) National Apprenticeship Week (5 th – 11 th Feb) Mental Health Week (5 th – 11 th Feb) National Careers Week (4 th - 8 th March)		My Money Week (June) Refugee Week (20 th -26 th June) Diversity Week (June) SMSC day - being British, the role of women in literature, extremism, LGBTQ, who are you	

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 8	My role in the world Citizenship and community needs	My choices, healthy or not? Alcohol and drug misuse and pressures relating to drug use	WLA's Dragons Den Enterprise skills	What right do you have? Human rights, racism, misogyny, discrimination and moral courage	Super Savvy Consumer spending and rights and the economy	Understanding us: People and who they are Relationships, sexual harassment and harm, marriages, forced marriages and sexuality
Additional Events	National Parliament week (6 th -12 th Nov) Anti-bullying week (13 th – 17 th Nov)		Make Your Mark (Jan/Feb) World Cancer Day - HPV (4 th Feb) National Apprenticeship Week (5 th – 11 th Feb) Mental Health Week (5 th – 11 th Feb) National Careers Week (4 th - 8 th March) Ready for Work Inspira event (TBC)		My Money Week (June) Refugee Week (20 th -26 th June) Diversity Week (June) SMSC day - First aid and lifesaving skills	

Year 9	Disrespect Nobody: Am I valued? Relationships, abuse, consent, sharing of sexual images, FGM, sexual exploitation, grooming, sexual harassment and harm	Sexual health: my choice Readiness for sex, contraceptives, STI's, abortions	Baby borrowers Parenting responsibilities, adoption, fostering, fertility	The price of life Utilities, mortgages and budgets	My mind Emotional wellbeing, resilience, coping strategies
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Additional Events	National Parliament week (6 th -12 th Nov) Anti-bullying week (13 th – 17 th Nov)	Make Your Mark (Jan/Feb) World Cancer Day - What is Cancer? (4 th Feb) National Apprenticeship Week (5 th – 11 th Feb) Mental Health Week (5 th – 11 th Feb) National Careers Week (4 th -8 th March)	My Money Week (June) Refugee Week (20 th -26 th June) Diversity Week (June) Hello Futures workshop SMSC Day - Respecting other cultures
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Key Stage 4

Year 10	Sex, media, me Media and the impact of sexual attitudes, misogyny, sexual harassment and harm, pornography	Ready for work Work experience, Interviews skills, applications, CV's, health and safety in the work place	On my mind Mental health: stress, anxiety, depression, eating disorders, Body image	My body...the impact Drug misuse and consequences	Spending the pennies Debt management, Loan sharks, wage slips and tax	My behaviour, my responsibility Gang culture, knife crime, laws, punishments risks and consequences Organ and tissue donation
Additional Events	National Parliament week (6 th -12 th Nov) Anti-bullying week (13 th – 17 th Nov)		Yr10 - Mock Interviews (Jan) Make Your Mark (Jan/Feb) World Cancer Day - Testicular Cancer (4 th Feb) National Apprenticeship Week (5 th – 11 th Feb) Mental Health Week (5 th – 11 th Feb) National Careers Week (4 th -8 th March) Yr10 - Work experience (4 th -8 th March)		My Money Week (June) Refugee Week (20 th -26 th June) Diversity Week (June) SMSC DAY - Antisocial behaviour, alcohol and drugs, mental health, fitness and gambling	

Year 11	I'm leaving school! Post 16 options, application forms, cover letters, interview skills online	Balancing life and me Revision strategies, mental health, sleep quality	Money at work Taxes and insurance	My body, my choice Relationship safety, sexual harassment and harm, Sexual health and STIs		
Additional Events	National Parliament week (6 th -12 th Nov) Anti-bullying week (13 th – 17 th Nov)		Make Your Mark (Jan/Feb) World Cancer Day - Breast Cancer (4 th Feb) National Apprenticeship Week (5 th – 11 th Feb) Mental Health Week (5 th – 11 th Feb) National Careers Week (4 th -8 th March)			

Key Stage 5

Key

Health and Wellbeing	Relationship	Living in the wider world
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 12	Me and mental health	Health Awareness Work life balance	Relationships, sexual harassment and harm, intimacy and boundaries	Employment and Rights	My choices: drugs and sex	Consent and conception
Year 13	Health services and accessing help	Travel and my personal safety	Salary and expenditure			