

## Sex and Relationships Education Policy

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### Introduction

Sex and Relationship Education (S.R.E.) aims to inform young people about relationships, emotions, sex, sexuality and sexual health. It enables them to develop personal and social skills and a positive attitude to sexual health and well being. In addition, young people are made aware of the risks and how to deal with them and where to access help if required

S.R.E. gives young people accurate information about sex and relationships and allows young people the opportunity to develop life skills and a moral framework that aims to enable them to make good use of that information.

Effective S.R.E. is essential if young people are to make responsible and well informed decisions about their lives. It helps support young people through their physical, emotional and moral development. It helps young people learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.

The S.R.E. Policy will also be linked to other policies. e.g.

- ✚ Confidentiality Policy
- ✚ Safeguarding Policy

### Aims and Objectives

This policy is a working document which provides guidance and information on all aspects of S.R.E. and aims to provide a secure framework within which staff can work.

At The Short Stay School for Norfolk SRE is delivered in small groups or on a 1:1 basis according to student's individual needs. We aim to provide young people with:

- ✚ relationship skills that prepare them for the challenges of the teenage years
- ✚ opportunities to explore their own values and develop their own moral framework
- ✚ opportunities to understand and accept difference and diversity
- ✚ an understanding of their own bodies
- ✚ high self esteem, self awareness and emotional health
- ✚ the skills to be assertive
- ✚ good communication skills
- ✚ the skills to make positive informed choices
- ✚ the ability to respect the rights of others to hold opinions that differ from their own as long as these views do not impact on the rights of others

- ✚ the ability to take responsibility for and accept the consequences of their own actions.
- ✚ Students understand the risks which can be associated with relationships
- ✚ the skills to keep themselves safe

## **Delivery**

S.R.E. is delivered through P.S.H.E and science. It is delivered by a number of staff with some support from outside agencies e.g. T2, Sexual Health Outreach Team. Healthy schools, the Matthew project and MAP

## **Safeguarding Children Statement**

S.R.E. may bring about disclosures of safeguarding children issues and all staff are conversant with procedures for reporting their concerns.

## **Confidentiality Statement**

As a general rule, a student's confidentiality is maintained by the teacher or member of staff concerned. However, all students are aware that, if the member of staff believes that the child is at risk or in danger, then they must follow the SSSFN policy for safeguarding and pass the information on to the DSL for Child Protection. (For guidance on confidentiality see "Sex and Relationship Education Guidance for Schools" – Norfolk Children's Services.)

## **Equal Opportunities Statement**

We will strive to ensure that all students are treated fairly and that there is no discrimination or bullying on the grounds of gender, race, religion, colour, language, culture, social circumstance, appearance, sexuality, ability or disability.

**Jane MacLennan and Karen Hobley**

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