



Sex Education

"Sex education provides an understanding that positive, caring environments are essential for the development of a good self-image and that individuals are in charge of and responsible for their own bodies. It provides knowledge about the process of reproduction and the nature of sexuality and relationships. It encourages the acquisition of skills and attitudes which allow pupils to manage their relationships in a responsible and healthy manner".

Taken from: Health Education Curriculum Document 5

PRINCIPLES

- 1 To prepare pupils for the responsibilities of adult life.
- 2 To include a balanced programme of sex education within a programme of Health Education and Personal Development which meets statutory National Curriculum requirements.
- 3 To give all registered boys and girls access to sex education.
- 4 To give all pupils access to a coherent and co-ordinated programme through different areas of the curriculum, allowing them to revisit issues at different stages as they mature.
- 5 To deliver sex education within a clear moral and legal framework, setting it firmly within the context of strong, caring, loving, responsible relationships.
- 6 To provide a programme of sex education which presents facts in an objective, balanced and sensitive manner.
- 7 To deliver sex education via staff who have the appropriate knowledge and training and who are comfortable with the demands being made of them.
- 8 To ensure that training opportunities are available to staff involved in sex education.
- 9 To offer training opportunities to governors and parents.
- 10 To liaise with external agencies and seek advice, information and support.
- 11 To liaise with feeder Primary Schools to provide continuity of learning as far as possible.
- 12 To liaise with governors and parents to clarify the aims and content of sex education in the curriculum.
- 13 To recognise the limitations which teachers must respect in the area of sex education.
- 14 To respect the right of parents to withdraw pupils from sex education which does not form part of the National Curriculum.

AIMS

- 1 To promote the acquisition of healthy patterns of behaviour.
- 2 To give accurate and relevant information pertinent to the age and level of maturity of the pupils.
- 3 To encourage the exploration of values and moral and legal issues.
- 4 To foster self-esteem, self-awareness and a sense of moral responsibility.
- 5 To encourage the development of communication skills and positive, responsible decision-making skills, which will enable pupils to avoid and resist unwanted sexual experience.
- 6 To increase awareness of the skills needed for the making, keeping and breaking of relationships.
- 7 To support pupils in being comfortable with their sexuality and to reduce anxiety, guilt, embarrassment and ignorance.
- 8 To encourage dignity and respect for themselves and others (DES Circular 11/87).
- 9 To encourage tolerance and to raise awareness of prejudice.

MANAGEMENT

- 1 A Deputy Head will have responsibility for Health Education.
- 2 The Deputy will work with the Health Education Co-ordinator, Heads of Year and Heads of Department and the School Nurse to develop the sex education programme at QES.
- 3 The Deputy Head and the Health Education Co-ordinator will support staff involved in delivering the sex education programme.
- 4 Training will be provided as appropriate.



- 5 Sex education will be taught by staff who are willing to teach it either through their own curriculum areas or through PD or General Studies.
- 6 All staff will receive a copy of the sex education policy together with a summary of the law on sexual behaviour. The policy will be discussed periodically at staff meetings to clarify guidelines.
- 7 Outside speakers will be invited into school when appropriate, following discussion with the Deputy Head or Health Education Co-ordinator. Input from outside speakers will be discussed with a member of staff to ensure consistency with the school's policy. A member of staff should attend any session given by an outside speaker.
- 8 Parents will be informed by letter annually of the elements of sex education which their children will study during that academic year and will be asked to return to school a tear-off slip to acknowledge receipt.
- 9 Copies of the sex education policy will be available to parents on request.
- 10 Schemes of work and detailed lesson notes, together with supporting resources will be available for inspection at school.
- 11 An open clinic will be run by the School Nurse on a drop-in basis for pupils to obtain advice on medical matters.
- 12 The school prospectus will carry a statement advising parents of their right to withdraw their children from sex education which falls outside the National Curriculum. The arrangements for the submission of such requests will be given in the prospectus.
- 13 Complaints can be made using the School's Curriculum Complaints Procedure (see separate document).
- 14 The Sex Education Policy will form part of the induction programme of all new staff.

ORGANISATION AND DELIVERY OF SEX EDUCATION

- 1 The programme will be delivered in a variety of lessons which might include Biology / PD / General Studies / RE / English / PE / individual workshops / Theatre-in-Education performances / form time and in other subjects as relevant or as issues arise.
- 2 It is to be expected that the teaching of topics not related to sex may lead to the discussion of aspects of sexual behaviour.
However, provided that the discussion is set within the context of the subject concerned and is relatively limited it will not constitute a specific part of the sex education programme.
- 3 An outline of the sex education programme is given at Annex 1.
- 4 A wide range of teaching and learning methods will be used, including group tasks, discussions, role play, video.
- 5 A relaxed and supportive atmosphere will be encouraged in class, as will pupils' recognition of the confidentiality of class discussion.

PROGRAMME CONTENT

- 1 Physical changes, conception, pregnancy, birth.
- 2 Social, emotional changes.
- 3 Lifelong sexual development with responsibility for personal choice.
- 4 Facts and issues related to contraception, conception and birth, STIs, HIV/AIDS, child rearing, abortion, pregnancy.
- 5 Sexual hygiene.
- 6 Sex and the Law.
- 7 Awareness of various sexual attitudes, behaviours.
- 8 Moral implications of behaviour within cultures, groups, religions.
- 9 Development of personal sexuality, concepts of self.
- 10 Stereotyping, gender, age.
- 11 Influence of peers.
- 12 Assertiveness.
- 13 Relationships, partnerships, marriage, divorce, loss, separation, bereavement, gender issues, harassment.
- 14 Health care agencies, support systems.



GUIDELINES TO STAFF

1 Teachers are advised that it is unlikely to be appropriate to deal with explicit issues raised by an individual pupil with the whole class. Strategies for dealing with such situations include:

- explaining the role of the educator and what can/can't be discussed
- agreeing a contract of behaviour
- identifying individuals who may attempt to test the teacher
- ensuring strategies are prepared to target individuals identified
- formulating clearly defined boundaries before discussing sensitive topics
- identifying personnel to whom an individual can turn to for advice
- structuring the session so that questions are written down and can be screened before answers are given

2 Staff are **advised** not to give individual pupils advice on contraception or other aspects of sexual behaviour without the knowledge or consent of the parents. To do so would constitute an inappropriate exercise of professional responsibilities.

However, the Sexual Offence Act 2003 makes an exception and allows advice to be given.

3 If approached by a pupil under 16 for specific advice on contraception or any other aspect of sexual behaviour staff should encourage the pupil to seek advice from a parent and, if appropriate, from a relevant health service professional (such as school nurse or general practitioner). Teachers should not offer pupils confidentiality.

4 If a teacher becomes aware that the pupil has embarked upon or is contemplating a course of conduct which places him or her at moral or physical risk or in breach of the law the teacher has a general responsibility to ensure that the pupil is aware of the implications. The pupil should be given the advice in (2) above. The teacher should inform the Deputy Head in charge of pastoral care who will decide appropriate follow-up with the Headteacher.

5 Lesbian and gay issues may be discussed in the classroom with a view to reinforcing tolerant attitudes

6 Guidance on the action to be taken in cases of suspected child abuse is given in the staff handbook and in The Child Protection Policy.

7 Procedures for dealing with sexual harassment and bullying are set out in the policy on bullying.

MONITORING

This is carried out through:

- 1 Discussions between The Health Education Co-ordinator, Deputy Head and School Nurse.
- 2 Discussions between the Deputy Head and Headteacher.
- 3 Informal discussions with staff involved in the delivery of the programme.
- 4 Discussions between the Year Heads, Health Education Co-ordinator and/or Deputy Head.
- 5 Discussions between the Health Education Co-ordinator and Heads of Department to monitor work done in different curriculum areas.
- 6 The annual report to Governors.
- 7 Parental comment.
- 8 Staff meetings where the policy and guidelines are discussed and issues clarified.

EVALUATION

This is carried out through:

- 1 Informal discussion between staff involved in teaching an area of the sex education programme.
- 2 Meetings to plan sessions involving sex education and to review previous courses taught.
- 3 Pupil feedback during end-of-module evaluation.
- 4 Checking of programme content against recommendations and ideas brought from Health Education courses and meetings.
- 5 The annual review and target setting cycle in school.



SEX EDUCATION PROGRAMME OUTLINE

Key Stage 3	Content	Delivered
<p>Year 7 1 period</p>	<p>Puberty: a period of growth and change Male and female physical development Emotional development Personal hygiene Health issues: eg breast cancer / testicular cancer. Sanitary protection.</p> <p>Health Care Interview</p>	<p>Health Education Workshop: School Nurse</p> <p>School Nurse</p>
<p>Year 8 5 periods 1 PD Session</p>	<p>Principles of sexual reproduction. Puberty. Menstrual cycle. Basic anatomy. Fertilisation. Embryo development. Process of birth.</p> <p>Sex and the Law</p>	<p>Biology</p> <p>Health Education Coordinator</p>
<p>Year 9 7 periods minimum 1 Period</p>	<p>The age of consent Changes in body shape, anatomy Contraception Relationships: emotional maturity, responsibility for choice, moral issues Sexually transmitted infections Peer pressure, assertive behaviour Health/Help Agencies</p> <p>Sex Determination</p>	<p>PD Programme</p> <p>Biology</p>



Key Stage 4	Content	Delivered
<p>Year 10 4 periods</p>	<p>Relationships Legal/moral issues Sexual relationships Responsible choices Contraception STI including HIV/AIDS Help Agencies</p>	<p>General Studies Health Education</p>
<p>9 periods</p>	<p>Relationships, divorce, single parenting Consequences of teenage pregnancy Emergency contraception Conception, pregnancy, birth Ante/post-natal care Care of an infant</p>	<p>General Studies Parenting</p>
<p>2 periods</p>	<p>Marriage and divorce Sexual roles, stereotyping, equality</p>	<p>General Studies RE</p>
<p>Year 11 5 periods</p>	<p>Legal and moral considerations HIV/AIDS, responsible choices Contraception Other sexually transmitted diseases Health/Help Agencies</p>	<p>General Studies Health Education</p>
<p>2 periods</p>	<p>Some groups opt to plan and deliver a health/sex-related assembly</p>	
<p>2 periods</p>	<p>Abortion</p>	<p>General Studies RE</p>
<p>Year 11</p>	<p>Controlling fertility Natural and artificial methods Role of hormones</p>	<p>Modular Science (Dual Award)</p>



A Summary of the Law on Sexual Behaviour

The following is a summary of the main sexual offences in England.

UNLAWFUL SEXUAL INTERCOURSE

It is an offence for young people to have sexual intercourse under the age of 16.

INCEST

It is an offence for a man to have sexual intercourse with a woman whom he knows to be his granddaughter / daughter / sister or mother. It is an offence for woman of the age of 16 or over to permit a man whom she knows to be her grandfather, father, brother or son to have sexual intercourse with her by consent.

RAPE

It is an offence for a man to rape a woman. A man commits rape if:

- a) he has unlawful sexual intercourse with a woman who at the time of the intercourse does not consent to it and
- b) at the time he knows that she does not consent to the intercourse or he is reckless as to whether she consents.

INDECENT ASSAULT

A child under the age of 16 cannot in law give any consent that would prevent an act from being an indecent assault. Both boys and girls over 16 can give consent but, in the case of a girl, that consent can be vitiated in certain circumstances (ie when there is fraud as to the nature of the act). An assault need not be physical but may consist merely of conduct that causes the victim to apprehend immediate personal violence. The assault must be capable of being considered by right-minded persons as indecent.

OTHER INDECENT CONDUCT

- a) It is an offence if a person commits an act of gross indecency with or towards a child under the age of 13. This encompasses conduct of an indecent nature that falls short of assault.
- b) It is an offence to commit buggery with a human being or an animal. This does not apply where two men over the age of 16 consensually commit buggery in private.
- c) Gross indecency between men is an offence unless the act is committed in private and both parties consent and have attained the age of 16 years.

LEGAL CAPACITY

Section 1 of the Sexual Offences Act 2003 states a boy over the age of 10 can be convicted of rape, buggery or any offence involving sexual intercourse.

The Sexual Offences Act 2003 allows health professionals and others working with young people to provide confidential sexual health advice and treatment. Government has committed to ensure the Act will not prevent the provision of confidential advice and treatment to young people under 16, including those under 13. In light of concerns that were raised about the implications of the Act for those who provide sexual health care and advice to young people, an exception has been introduced, in statute, to make it clear that a person does not commit an offence if he acts for the purpose of:

- a) Protecting the child from sexually transmitted infection, or



- b) Protecting the physical safety of the child, or
- c) Preventing the child from becoming pregnant, or
- d) Promoting the child's emotional well-being by the giving of advice

As long as he does not act for the purpose of causing or encouraging the activity constituting an offence or the child's participation in it. Nor does it apply if the person is acting for the purpose of obtaining sexual gratification.

The exception covers not only health professionals but also anyone who acts to protect a child, for example Teachers, Connexions Personal Advisers, teenage magazine advice columnists, parents, other relatives and friends. This is a significant step forward from the current position of the Gillick which in case law which only related to health professionals.

Those providing contraceptive treatment to under 16s without parental consent will continue to assess competence on a case by case basis and work within the Fraser Guidelines.

Young people under 16 can continue to seek contraceptive or sexual health advice in confidence. The Act does not change the fact that young people under 16, including those under 13, have the same right to confidentiality as adults.

Confidentiality can only be breached in exceptional circumstances where the health, safety or welfare of the young person or others would otherwise be at grave risk. The decision whether to breach confidentiality depends on the degree of current or likely harm, not solely on the age of the patient.

The Sexual Offences Act 2003 does not make it illegal for teenagers to engage in normal sexual activity

The purpose behind the offences in the Act is to enable the prosecution of abusive and exploitative sexual activity. To achieve this the Act includes a number of offences that criminalise sexual activity between under 18s and under 16s. However, this will not lead to the prosecution of mutually agreed sexual activity within normal adolescent behaviour, where there is no evidence of exploitation.

Guidance issued by the Director of Public Prosecutions to custody officers under the provisions in the Criminal Justice Bill will provide that the decision whether children under 18 should be charged with sex offences will be reserved for Crown Prosecutors, rather than the police. A charge will only be brought if it is in the public interest to do so. Revised Crown Prosecution Service guidance will make this clear.