



ALSOP HIGH SCHOOL

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Sex and Relationships Policy

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Sex and relationships education is an integral part of the PSHCE curriculum. It was developed in conjunction with Brook and Talk the Talk. The starting point for the programme is self-esteem and developing healthy relationships. This begins in Year 7 when students are encouraged to consider positive aspects of themselves and their lives. They consider how to build relationships and how to look for positive traits in other people.

Sexual relationships education is an important entitlement for all students and Respect is at the centre of the programme. The focus is always on building positive and life enhancing relationships as well as addressing areas including contraception, abortion, pregnancy and STI's. The concept of safer sex is integral to the teaching and learning.

The school has close relationships with Brook and Talk the Talk. Collapsed days are utilised to enhance and enrich learning and to create space for students to explore themes and areas in greater depth in a safe and inclusive environment. Sex and Relationships education resources, forms part of the PSHCE programme delivered by form tutors. Students can also benefit from nurse drop in sessions.

Students are encouraged to look at relationships without assumption of sexual orientation. The school was awarded the Stonewall Bronze Award as a beacon school in promoting an inclusive and welcoming environment. Posters, No Bystanders and Stonewall DVD's form part of encouraging a positive environment. A zero tolerance on sexist and homophobic language is a vital component in creating an inclusive culture and promoting a respect agenda.

The sex and relationships programme throughout all years is designed to empower students to make sensible and informed decisions. Developing self-respect and empathy for others is a key element and students are encouraged to consider how to minimise conflict in relationships of all kinds and how to engender a culture of respect within sexual relationships.

The science national curriculum is delivered by staff in the science department. These lessons are more concerned with the physical aspects of development and reproduction. It combines with PSHCE lessons and collapsed days to provide an holistic approach to SRE.

Year 7:

- PSHE unit on Showing Respect includes a guide to disagreeing kindly and respecting people who are different to ourselves.
- Living Without Harm unit encourages students to consider who/what constitutes their local community, what sort of harm might be caused in their local community and how they can 'live well together'.
- Acts of Kindness unit encourages pupils to consider empathy and why it is important.
- A focus on Resilience includes building confidence and self-esteem etc.

Year 8:

- Showing Respect highlights the importance of listening skills and good communication, including sessions on The Art of Debating and considering the impact of the language choices they make and whether these can cause harm or offence.
- Health and Wellbeing unit in term 2b includes lifestyle, diet, habits, and both physical and mental wellbeing.
- Focus on Resilience also links to overcoming stress, and Communication is another PiXL Edge Focus this year.

Year 9:

- Focus on Resilience includes building confidence and self-esteem etc.
- Health and Wellbeing unit includes a 2-part session called Healthy Body, Healthy Mind which is about the impact of bodily health in mental wellbeing and vice-versa.
- HumanUtopia to also work with Y9 specifically. The session is called Who Am I? and deals with important teenage issues around personal awareness, peer pressure and conformity. It will also encourage students to reflect on their life chances and have high hopes and aspirations for the future.
- Internet Safety unit also covers online dangers and risks (which examines on online 'stranger danger').

Year 10 & 11:

- Life goals and aspirations are explored through the CEIAG unit.
- Yr10 Students look in greater detail at contraception, pregnancy, and STI's. They also look at emergency contraception and abortion. The concept of safer sex is considered and students also look at HIV and AIDS.

Year 12:

- Year 12 students will be trained by Talk the Talk as part of enrichment to be able to deliver sessions to year groups.
- Students in Year 12 revisit units covering contraception and safer sex.
- They also look at how to maintain health and well being.

Year 13:

- Students have access to signposting and leaflets in the cybercafé to agencies working with young people in sex and relationships.
- HumanUtopia works with students.

Respect is a key theme for all year groups, and sessions on Respecting Diversity, the impact of being offended, All Human All Precious, and Them and Us: More in Common are all aimed at inclusivity, respecting all people despite labels / differences etc. and celebrating diversity as a good thing (which will include gender, sexual orientation etc.).

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