

Sex and Relationship Education

It is compulsory for all maintained schools to deliver those parts of sex education which are statutory parts of the National Curriculum for Science.

The broader topic of sex and relationship education (SRE) is currently not compulsory but is contained within non-statutory PSHCE (Personal, Social, Health and Citizenship Education) within the National Curriculum, and is strongly recommended within Government SRE Guidance (2000). Schools have a legal duty to ensure the well-being of their pupils and SRE contributes to this duty. **However, parents and carers have the right to withdraw their children (until the age of 19) from any school SRE taught outside the Science Curriculum.**

At Kingsdale Foundation School, in order to assist pupils in developing an awareness in building and maintaining healthy relationships, we offer students the opportunity to attend a special single-sex assembly with a focus on maintaining positive and stable relationships as appropriate for each year group. This is supported by a two hour follow-up session in small, single sex groups of approximately 20 pupils where members of Redthread Youth Charity, (specialists in this area), deliver a two hour information workshop that covers the broader topic of sex and relationship education that falls outside the National Curriculum for Science. These sessions take place throughout the academic year.

During the course of each key stage sessions will cover topics as follows:

Key Stage 3: The Building Blocks of a Great Relationship

- Self esteem
- Development of a positive self - what defines our worth?
- What do we value in relationships?
- What relationships do we value?
- Negotiation in relationships.
- Emotional Aspects and Influences in Relationships.
- How do our behaviours align with our values?
- Strategies for resisting unhelpful influences and pressures.

Key Stage 3: Maintaining Healthy Lifestyles

- Our bodies and the promotion of ongoing sexual health.
- Contraception. (tailored to specific year groups).
- The role of a Youth Clinic in offering support.

During the course of key stages 4 & 5 sessions will continue to discuss maintaining healthy relationships but focus more specifically on topics as follows:

Key Stage 4 & 5: Maintaining Healthy Lifestyles

- Our bodies and the promotion of ongoing sexual health.
- Contraception. (tailored to specific year groups).
- The role of a Youth Clinic in offering support.
- Stress Management with regard to academic and social pressure.