



## Health Education Policy (including sex education)

### Background information

Westwood College is a mixed comprehensive school for students aged 13 – 19.

### The Policy

This policy document has been drawn up following consultation with teaching staff. The policy is submitted to the Governors in accordance with:

The Education Act 1996  
The Local Government Act 1998  
National Curriculum in Science 1999  
Sexual Relationship Education Guidance 3/2000

The aim of the Westwood College policy is that all students receive a Health Education within an appropriate moral framework and incorporating the Health issues outlined in Every Child Matters.

Our aim is to present facts in an objective and balanced manner so as to enable students to comprehend the range of attitudes and behaviour in present day society.

Health Education is taught as part of a broader planned programme of personal, social and health education/citizenship.

We would wish to:

- A. Provide individuals with specific learning programmes to prepare them for a healthier life.
- B. Promote a healthy life-style and so improve their quality and expectations of life.
- C. Provide information about what could be health-enhancing and harmful in their physical, mental and social development.
- D. Provide opportunities to develop a positive self-image.
- E. Increase their personal confidence and self-esteem.
- F. Develop a sensitivity and tolerance of others.
- G. Evaluate information and use the information to make decisions based on the individuals needs and not be influenced by peer pressures.

- H. Highlight the significance of marriage and stable relationships.
- I. Consider their own attitudes and make informed, reasoned and responsible decisions about the attitudes they will adopt both while they are at college and in adulthood.
- J. Consider the reasons for becoming sexual active and the benefits to be gained from a delay and learn about obtaining appropriate advice on sexual health.
- K. Develop self-esteem and decision-making skills as well as have an awareness and respect of self and others.
- L. Develop an awareness of the attitudes and motivations of others.
- M. Develop a knowledge based around sexual health and human development and clarify myths, prejudices and misunderstandings.

### **Specific Content in Terms of “Sex Education”**

#### **Content:-**

Along with the development of many of the topics raised in the Middle School, the Westwood College also covers the following:

- Consider the advantages and disadvantages of various methods of family planning in terms of personal preference and social implications.
- Recognise and be able to discuss sensitive and controversial issues such as conception, birth control, HIV/AIDS, child-rearing, abortion and other technological developments.
- Be aware of the need for preventative health care and know what this involves.
- Be aware of the availability of statutory and voluntary organisations which offer support in health and relationships, e.g. Relate, Body Positive, NHS.
- Be aware of relationships in all their forms including heterosexual, homosexual, bisexual and transgender.
- Be aware that feeling positive about sexuality and sexual activity is important in relationships.
- Be aware of partnerships, marriage and divorce and the impact of loss, separation and bereavement.
- Be able to discuss issues such as sexual harassment in terms of their effects on individuals.
- Understand aspects of legislation relating to sexual behaviour.

#### **Organisation: Curriculum, Planning, Staffing, Methodology**

This subject is covered within the Personal Development programme in Year 9 and in Extension Studies in Years 10 & 11. In addition to these lessons some general health issues will be delivered by tutors during Enrichment sessions. This programme is organised by the lead teacher for PSHCE and SMSC.

## **Delivery of Year 9**

The Health Education module is currently delivered to all Year 9 students on a rolling basis. During the academic year each student has approximately 8 x 1 hour lessons. This includes two 1 hour sessions on “Contraception and Teenage Pregnancy” delivered by the school nurse.

## **Delivery of Year 10**

This involves a block of 12 x 1 hour lessons delivered during the Extension Studies programme and includes a 1 hour session on “Sexually Transmitted Infections” delivered by the school nurse.

## **Delivery of Year 11**

Here the course fits into the Extension Studies programme and is delivered in a block of 4 x1 hour sessions again on a rota basis. This includes a 1 hour session on Sexual Health checks delivered by the school nurse and a 1 hour session on Drugs Education delivered by a representative from Youth Services.

A complete copy of the Year 9, 10, & 11 Health Education programmes are attached.

## **A Moral Framework for Sex Education**

Sex education should be tailored not only to the age, but also to the understanding of the students. Regulations require that its purpose should be:

- The provision of knowledge about loving relationships, the nature of sexuality, and the processes of human reproduction (presented in an objective, balanced and sensitive manner).
- The acquisition of understanding and attitudes which prepare students to view their relationships in a responsible and healthy manner (set within a framework of values and an awareness of the law).

Students should be helped to:

- Recognise the physical, emotional and moral implications – and also the risks – of certain types of behaviour.
- Appreciate the value of stable family life, marriage and the responsibilities of parenthood, and the need to behave responsibly.

Teachers should be sensitive to the fact that many family backgrounds do not reflect such values and experience, but they should help students, whatever their circumstances, to raise their sights.

## **Contraception**

Teachers will provide knowledge about contraception on a general level as part of the sex education programme, but not individual advice to students under 16. Teachers must advise students to seek advice from parents and/or medical practitioners. Teachers need to clarify students understanding in a manner related to their age and experience. Students need to assimilate knowledge and understanding of contraception some time before it is needed; hence the values of a spiral curriculum approach.

Teachers should give students time to talk without intrusive probing and teachers should respect confidentiality unless there are overriding reasons not to do so. In such cases consult Heads of Year in the first instance. This is necessary because information may need to be passed to senior management/College Safeguarding Lead in order that the student's total welfare can be assessed. It is also very important that teaching staff dealing with such sensitive matters do not put themselves in professionally difficult situations.

### **Sexual Abuse**

Developing self esteem, assertiveness and the removal of guilt and/or embarrassment over sexual matters will help to prevent this problem. Recognising signs of abuse and the appropriate procedures are outlined in Keeping Children Safe in Education 2016.

Janette Reader, Assistant Headteacher is the Designated Safeguarding Lead for staff who have evidence or concerns about any safeguarding issues. The College keeps an "At Risk Register" for those students considered most at risk.

### **HIV/AIDS**

The history of The HIV epidemic has led to the marginalisation of certain groups. This has led to apathy, amongst other groups, about safer practice to reduce numbers of HIV infections. Empowerment is a key feature of sexual health enabling young people to set their boundaries about personal sexual behaviour. Healthy relationships provide a natural framework for HIV education and cultural, social and moral implications of sexual behaviour can be addressed. HIV is everyone's responsibility. Nobody is invulnerable.

HIV and Aids education will be addressed through whole school tutor materials and assemblies and the College will support and highlight the work of the Terence Higgins Trust World Aids Day charity.

### **The Right of Withdrawal from lessons**

Parents have a right to withdraw their child from sex education and they do not have to give their reason, nor do they have to indicate what other arrangements they intend to make for providing sex education for their children. Reference is made to this in the prospectus. The College does invite parents to discuss their concerns so that any misunderstanding about the College's policy can be resolved. The College is also ready, if requested, to offer support and information - perhaps by recommending particular written materials.

**Note** Students over the age of 16 who wish to challenge their parents' decision could ultimately have to apply to the courts.

### **Assessment and Reporting**

Given the personal nature of this subject area it has been decided after discussion **NOT** to assess students or report to parents. There is no legal requirement to do so.

**ADOPTED BY THE GOVERNORS ON: February 2018**

**POLICY REVIEW DATE: February 2020**