

Our Ref: JDR/SBO/FSC

Thursday 13<sup>th</sup> September 2018

Dear Parents and Carers

### **Sex and Relationship Education in ICE**

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our ICE programme. This looks at many topics including all kinds of relationships, physical / emotional health, and living in the wider world. The aim of ICE is to help our pupils make safe and informed decisions during their school years and beyond.

Sex and Relationship Education (SRE) is an important part of the ICE programme. We will be teaching lessons about SRE across the academic year which will include topics such as:

- Puberty
- Healthy relationships
- Pregnancy
- Contraceptives
- Prevention of HIV / AIDS and other sexually transmitted diseases
- Prevention of sexual abuse
- FGM
- Body image
- Sexting and social media
- Pornography
- Consent

During the course, pupils will be able to ask questions, which will be answered factually and in an age appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

Many parents and parent-related organisations support good quality SRE in school. Parents are the most important educators of young people in personal issues and many welcome the support that school can offer to supplement their home teaching.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school.

If you have any queries, please do not hesitate to contact the school.

Yours faithfully

*J Driscoll*

Mrs J Driscoll  
Deputy Headteacher

*S Borthwick*

Mrs S Borthwick  
Lead Teacher (SMSC)

## **Sex and Relationship Education – Frequently Asked Questions**

### **What are the aims of SRE in our school?**

Depending on the age of the pupils and the lessons in their year group, we want SRE to:

- Develop the confidence to talk, listen and think about their feelings and relationships
- Develop friendship / relationship skills
- Develop positive attitudes, values and self-esteem
- Provide knowledge and understanding about puberty, and the changes that will take place
- Provide knowledge and understanding about reproduction and sexuality
- Address concerns and correct misunderstanding that pupils may have gained from the media and peers
- Develop skills to help pupils protect themselves against unwanted sexual experiences
- Know where and how to seek help

### **Can you explain the school's SRE Morals and Values Framework?**

SRE follows the school's agreed aims, values and moral framework which is sensitive to the needs and beliefs of pupils, parents / carers, and other members of the school community. SRE will be delivered within the school's agreed equal opportunities framework.

SRE will support the importance of marriage or stable relationships, for family life and bringing up children. Care is taken to ensure there is no stigmatisation of children based on their different home circumstances.

Pupils will be encouraged to understand that thinking about morals and values also includes:

- Respect for self and others
- Commitment, trust and love within relationships
- Understanding diversity regarding religion, culture and sexual orientation
- Honesty with self and others
- Self-awareness
- Exploration of rights, duties and responsibilities

### **Misunderstandings about SRE**

There is sometimes concern that SRE in school might promote sexual activity or cause confusion about an individual's sexuality. The research on quality SRE points to a more positive outlook – 87 programmes from many countries were examined by UNESCO in 2009. This led to the conclusion that if SRE has an effect it is a positive one: *“sexuality education can lead to later and more responsible sexual behaviour, or may have no discernible impact on sexual behaviour”*.

In the UK the research is even more positive. Analysis by the National Survey of Sexual Attitudes and Lifestyles team over several years consistently shows that men and women who said that lessons at school were their main source of information about sex were more likely to have started having sex at a later age than those for whom parents or other sources were their main source. Schools have an important role to play in SRE.