

SRE at Hoe Valley School

As of September 2020 schools have a statutory obligation to teach SRE - Sex and relationships education.

The aim of SRE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship.

At HVS students will cover topics including contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It will teach what is acceptable and unacceptable behaviour in relationships.

HVS SRE curriculum does not encourage early sexual experimentation. It teaches young people to understand human sexuality and to respect themselves and others. It enables young people to mature, build their confidence and self-esteem and understand the reasons for delaying sexual activity. It has been designed to support students, throughout life, to develop safe, fulfilling and healthy sexual relationships, at the appropriate time.

For further information and detail please see the Department for Education document (link below)

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf

At Hoe Valley school SRE is taught to year 7 - 9 in Summer 1, to year 10 in Summer 2 and to year 11 in Autumn 1. Lessons are created by the PSHE lead, Ms Izzard, using accredited resources from the PSHE and SRE association. Lessons are led by the students' tutors who have had training on how to deliver these topics. In addition assemblies are delivered by Ms Izzard, and the Head of Science, Mr Woolley.

In accordance with the Department for Education parents have a right to withdraw consent for their child from the PSHE and SRE lessons not science lessons. For more detail see the school policy linked below

<https://docs.google.com/document/d/1AyAaDHuZUzuYFlqdrchBRYfSSmPypIzrSf4mMNdkE2w/edit?usp=sharing>

Intimate and sexual relationships, including sexual health

Pupils should know

- how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.
- that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.
- the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.
- that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.
- that they have a choice to delay sex or to enjoy intimacy without sex.
- the facts about the full range of contraceptive choices, efficacy and options available.
- the facts around pregnancy including miscarriage.
- that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).
- how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.
- about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.
- how the use of alcohol and drugs can lead to risky sexual behaviour.
- how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.

SRE content at Hoe Valley School

	PSHE and SRE lessons	Science lessons
Year 7	<ul style="list-style-type: none"> Physical and emotional changes of puberty both male and female Understanding and managing sexual feelings What makes a healthy romantic relationship e.g. trust and honesty Understanding changes in emotions including anger and sadness What consent it and how to say 'no' The legal age you can have sex 	<ul style="list-style-type: none"> Describe and explain the structure and function of the female and male reproductive systems in humans Describe sexual reproduction and fertilisation in humans Describe and explain biological transition to adulthood through puberty
Year 8	<ul style="list-style-type: none"> Different sexual orientation definitions Values in a romantic relationship e.g. trust and respect What consent it and how to say 'no' How consent can be withdrawn at any time Methods of contraception including condoms and the pill What is means to be a parent and the consequences of unprotected sex Menstrual Wellbeing including products, attitudes and challenges 	
Year 9	<ul style="list-style-type: none"> What consent it, how to say 'no', consent and the law Legal age of consent Avoiding assumptions relating to consent The right to withdraw consent at any time Capacity to consent including intoxication Inappropriate sexualised behaviour 	
Year 10	<ul style="list-style-type: none"> Relationships and sex - knowing when it is the right time What consent it and how to say 'no' Pressures to have sex Methods of contraception Sexually transmitted infections nad how to prevent these Condom demonstration Choices around unplanned pregnancy 	<p>These outcomes are delivered through the Biology unit "B5 - Homeostasis", which could be taught in Year 10 or 11, dependent on the Science pathway your child is taking.</p> <ul style="list-style-type: none"> Describe simply the hormonal control of puberty in human males and females Describe in detail the hormonal regulation of the menstrual cycle Describe and evaluate different forms of contraception Higher Tier students only <ul style="list-style-type: none"> Describe how hormone can be used to enhance fertility Evaluate different forms of fertility enhancement
Year 11	<ul style="list-style-type: none"> Relationships and sex - knowing when is the right time Sex and the law Relationship Abuse Domestic Violence Physical Assault How porn doesn't represent real sex Sexually transmitted infections and how to prevent these 	