

# PSHE FACTSHEET

## Sex and Relationships Education (SRE)

### What should every school have?

- An up-to-date policy which is accessible to parents ✓
- Teachers who feel fully supported to deliver SRE ✓
- Inset Co-ordinator who is aware of the need for staff development in SRE and signposts appropriate CPD opportunities to staff ✓
- Lead Governor for SRE and Governors who are aware of their responsibilities ✓
- SRE as a curriculum entitlement for all pupils ✓
- Balance of didactic and interactive methods in SRE lessons ✓
- External agencies used to enhance SRE and to complement not replace teachers ✓
- Monitoring and evaluation of the programme and the quality of outside speakers ✓
- Assessment of pupil learning, including knowledge, skills and attitudes ✓

### What should be taught? (Appropriate to age, emotional and physical development)

- Sex within the context of relationships ✓
- Puberty and development ✓
- Managing feelings, emotions and negotiating within relationships ✓
- Respect and self-respect ✓
- Pregnancy, childbirth, termination, miscarriage and infertility ✓
- Safer sex including all forms of contraception and STIs ✓

## Frequently Asked Questions

### Q: How do we involve parents?

**A:** The best way of doing this is to involve parents in drawing up and reviewing the SRE Policy. Also, ensure parents are given opportunities to see the resources that are being used to support SRE delivery. There are courses available to support parents in discussing sex and relationships with their children and the Kent Teenage Pregnancy Partnership can provide further details. Parents do have the legal right to withdraw their children from SRE, however if parents are actively engaged and consulted throughout then this is less likely to happen.

### Q: Is it better to use external providers?

**A:** Many young people say they prefer to receive SRE from external providers and many external providers have specialist knowledge and expertise. However, external providers cannot be relied upon entirely to deliver SRE. Their work should be overseen by a qualified teacher and it cannot be assumed that all external providers provide the same quality service. External providers should be used to complement the delivery of SRE, not deliver the subject in its entirety.

### Q: How about using Health Days instead of weekly PSHE?

**A:** Health Days tend to be popular with students but should only be used in addition to regular SRE in the curriculum. When only health days are used, it can mean that students absent on that day miss out on vital information. SRE is most effective when taught incrementally and when learning is assessed and built on.

### Q: Should we use single-gender class groups?

**A:** Single-gender class groups can help students to feel less awkward when discussing sensitive subjects. They can be particularly useful when delivering information around the body changes during puberty. However, it is vital that all young people have a good understanding of the physical and emotional changes undergone by the opposite sex and mixed-sex classes can enable more balanced discussion. A mix of the two would be ideal in co-educational schools, according to identified student need.

### Q: Can we discuss same-sex relationships with students?

**A:** Yes. It is necessary to have this kind of discussion, appropriate to age etc. in order to address issues like homophobic bullying. Refer to the DfES Guidance 2000.

## Resources and Support

- **Sex Education Forum** – [www.ncb.org.uk/sef](http://www.ncb.org.uk/sef) - resources, information and further contacts around sex and relationships education and on-site sexual health services
- National **Good Practice Guidance on Sex and Relationships Education** - <http://www.dcsf.gov.uk/sreguidance/> - this was released in 2000 and is still the most up-to-date Government guidance available. New guidance is currently in development
- **PSHE Subject Association** - <http://www.pshe-association.org.uk/> - working to raise the status, quality and impact of PSHE. The website links to a range of resources and CPD information
- **Kent Healthy Schools Programme** – [www.kenthealthyschools.org.uk](http://www.kenthealthyschools.org.uk)
- **Information for young people** about sexual health in Kent - [www.foryoungpeople.co.uk](http://www.foryoungpeople.co.uk)
- **Kent Teenage Pregnancy Partnership** - [www.kentteenagepregnancy.nhs.uk](http://www.kentteenagepregnancy.nhs.uk)