



Sex and Relationship Education Policy

What Is Sex and Relationship Education?

SRE is lifelong learning about physical, sexual, moral and emotional development. It is about the understanding of the importance of stable and loving relationships, respect, love and care, for family life. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes.

Principles and Values

- Every learner should learn about how their body works, so that they are not frightened or surprised by signs of puberty.
- Every learner should have a chance to ask questions about all aspects of sex, sexuality, gender and relationships within a safe and supportive environment.
- Everyone should be respected regardless of their relationship status, gender identity or sexual orientation.
- Love, respect and care should be promoted above all else; a parent can provide these regardless of their relationship status, sexual orientation or financial situation.
- Parents/carers have the right to educate their children as they see fit about sex, relationships and growing up. Schools provide a safety net, ensuring that no learner is left behind regardless of their family situation and that every learner can access professional support and advice when necessary.

There are three main principles of sex and relationship education in UK schools:

Attitudes and values

- Moral choices, dilemmas and decision making
- Personal and shared values
- Importance of stable and loving relationships, including but not limited to marriage
- Learner care
- Challenging myths

Personal and social skills

- Managing emotions and relationships
- Developing self-respect and empathy
- Choices and consequences
- Managing conflict
- Avoiding inappropriate pressures or advances
- Avoiding and challenging bullying (including HBT bullying) and offensive language

Knowledge and understanding

- Physical development
- Human sexuality, reproduction, sexual health, emotions and relationships
- Contraception and local sexual health services
- Benefits of delaying sexual activity
- Avoiding unplanned pregnancy

In addition to fulfilling our statutory requirements by delivering the above, we will consult with our young people before delivering SRE. We will ask them to rank SRE topics in order of importance and to say if they think a key topic has been omitted. We will spend most time on topics that are relevant to our own learners.

There will be space on the consent form for parents/carers to log additional comments, concerns or questions. We will also consult parents/carers about whether SRE should be taught in single- or mixed-gender groups and deliver our provision accordingly.

From September 2020, the children and Social Services 2017 Act comes into force. This meant that New Level Academy is obliged to teach their learners about reproduction (in science lessons) and relationships. Parents will be invited to opt out of topics explicitly related to sex, such as contraception.

Aims of SRE at New Level Academy

Learners should:

- Develop emotional literacy, becoming able to reflect on how they feel and manage strong emotions
- Respect personal choices around sexual activity
- Respect themselves and others and fully accept that everyone has a right to say 'no' to any sexual activity in any relationship situation
- Understand healthy relationships and be able to manage, avoid or leave troubled relationships
- Understand the reasons for delaying sexual activity and the need for protected sex
- Know the symptoms of STIs and where to go for treatment or advice
- Understand the connections between risky sexual behaviour and other important choices such as alcohol/drug use and online safety
- Avoid and challenge the use of sexist, homophobic, transphobic or otherwise inappropriate language
- Know how the law applies to sexual relationships

Delivery

Most of SRE will be delivered during PSHE lessons at New Level Academy. Each class will have two 45-minute lessons a week, led by qualified teachers and Learning Mentors. All adults involved will have passed an advanced Disclosure and Barring Service (DBS) check, confirming their suitability to work with learners.

Lessons on human reproduction will be delivered as part of the Science curriculum. Again, these lessons will be led by qualified teachers and learning mentors who have undergone DBS checks.

The Lead Teacher will take a lead role in planning and delivering SRE, assisted, if necessary, by other teaching staff, especially any Citizenship/PSHE specialists.

Inclusion

Ethnic and Cultural Groups

Our SRE delivery should be sensitive to the needs of different ethnic groups. For some young people, it is not culturally appropriate for them to be taught particular topics in mixed-gender groups. We will accommodate cultural needs where it is legal and practical to do so.

Learners with Special Needs

We will offer provision appropriate to the particular needs of all our learners, taking specialist advice where necessary.

Sexual and Gender Identity and Orientation

We aim to:

- deal sensitively and honestly with issues of sexual identity and gender orientation
- answer appropriate questions
- offer support.

Young people, whatever their developing sexuality or gender identity, need to feel that sex and relationship education is relevant to them.

Right of Withdrawal of Learners from Sex and Relationship Education

Parents have a right to withdraw their children from SRE lessons, although not those elements included in the National Curriculum Orders for Science, or any other part of the National Curriculum. If a parent wishes to withdraw their child from SRE lessons, we ask that they discuss it with the principal, to be clear about what their child will do when they are withdrawn from the lessons.

We should like to make clear that even when a learner has been withdrawn from SRE lessons, if the learner should ask questions at other times, these questions would be answered honestly by staff.

Parents/carers are encouraged to discuss their decisions with staff at the earliest opportunity. Parents/carers are welcome to review any SRE resources the school uses.

Confidentiality, Controversial and Sensitive Issues

Teachers cannot offer unconditional confidentiality. Teachers are not legally bound to inform parents/carers or the principal of any disclosure unless the principal has specifically requested them to do so.

If a teacher learns from a person under 16 that they are having or contemplating sexual intercourse:

- the learner will be persuaded, wherever possible, to talk to a parent/carer and if necessary to seek medical advice
- learner protection issues will be considered, and referred if necessary to the Safeguarding Lead
- the young person will be properly counselled about contraception, including precise information about where young people can access contraception and advice.

Teachers will tell learner whether they need to break confidentiality for learner protection reasons.

Health professionals in school are bound by their codes of conduct in a one-to-one situation with an individual learner, but in a classroom situation they must follow the school's confidentiality policy.

Monitoring and Evaluation of Sex and Relationship Education

Teachers, learning mentors and the principal will complete an annual review of the PSHE Curriculum in response to feedback from parents/carers, learners, inspectors, the local authority and any relevant professionals or experts who offer advice.

Teachers and learning mentors will complete all statutory training in topics relevant to PSHE such as safeguarding, equality and diversity. In addition, they should request clarification or training if they feel unsure about delivering any part of the curriculum.

Ofsted is required to evaluate and report on spiritual, moral, social and cultural development of learners. This includes evaluating and commenting on the school's Sex and Relationship Education policy, and on support and staff development, training and delivery.

This policy was created on	Signed on behalf of the organisation	Reviewed date
September 2025	<i>T Springer</i>	September 2026