



Westbourne School

Educating girls and boys for life

Westbourne School Complaints Policy

Sex and Relationship Education lessons Years 7-10

In Personal, Social, Health and Economic Education (PSHEE) the Sex and Relationship Education (SRE) topic will be covered with all pupils. This will build upon previous years of relationship and sex education.

What is Sex and Relationship Education?

Effective sex and relationship education is essential if young people are to make responsible and well informed decisions about their lives. The objective of sex and relationship education is to help and support young people through their physical, emotional and moral development. It will help pupils develop the skills and understanding they need to live confident, healthy and independent lives. Pupils will learn the significance of stable relationships and marriage as key building blocks of community and society. It is about an understanding of a family life which is stable and involves loving relationships, respect, love and care. It should teach young people to understand human sexuality and to respect themselves and others. It enables young people to mature, to build up their confidence and self-esteem and understand the reasons for delaying sexual activity. It is not about the promotion of sexual orientation or sexual activity.

It has three main elements

- attitudes and values
- personal and social skills
- knowledge and understanding
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Aim of Year 7 sessions

To create a secure environment in which to talk and ask questions; to explore the positive qualities that people might bring to relationships and to promote self-esteem and to understand the importance of friendship and to begin to consider sexual relationships in this context.

Aim of Year 8 sessions

To consider relationships, different levels of intimacy and their consequences and to understand what expectations might be, of having a girl/boyfriend. To explore issues related to sexuality and sexual orientation. To understand 'readiness' for sex and the benefits of delaying a sexual relationship. To develop knowledge and skills related to the basic facts about contraception.

Aim of Year 9 sessions

To understand the emotional aspects of relationships. To evaluate the

influences and choices in sex and relationships. To equip learners to make choices related to the risks of unprotected sex. To empower learners to access health services. To develop knowledge of STIs. To learn the basic facts and awareness of contraception.

Aim of Year 10 sessions

To understand the benefits of strong, supportive, equal relationships and the ability to be assertive and resist pressure. To recognize a healthy and unhealthy relationship. To evaluate how readiness for sex can be assessed. To increase knowledge, awareness and skills related to using contraception.

You have the right to withdraw your child from the elements of SRE which are not included in the National Curriculum for Science. Please contact the Headmaster if you would like to discuss this. If you would like to discuss any issues relating to the lessons please feel free to contact Miss Lilley flilley@westbourneschool.co.uk