



# Sex and Relationships Education

**The main aim of this policy is to help students make responsible decisions about their relationships, sexual health and wellbeing.**

## **What is Sex and Relationships Education:**

The policy covers the emotional, social and physical aspects of growing up; relationships; sex; human sexuality; and sexual health. It equips children and young people with the information, skills and values to have safe, fulfilling and enjoyable relationships and to take responsibility for their sexual health and wellbeing.

## **How the school supports students personal development:**

Planned Sex and Relationships Education within PSE, Science, RE  
Valuing pupils and promoting positive relationships and self-esteem  
Opportunities in school for pupils to participate in decision making  
Positive behavioural approaches

## **Specific Topics addressed at Key Stages 3 and 4:**

- Puberty
- Menstruation
- Online safety including sexting
- Safe Relationships
- Contraception
- Abortion/Termination
- Safe sex and STI's including HIV/AIDS
- Sexual orientation
- HIV/Aids
- Sexual Exploitation

## **'Health' Drop in:**

The school nurse provides a confidential 'Health Drop-In' for students. Young people have the opportunity to discuss any personal issues or health matters affecting them, including issues relating to sexual health.

The school nurse is qualified to administer emergency contraception (morning after pill) and the 'C-Card Scheme', which is a Wales wide scheme that provides sexual health advice along with free condoms for young people.

**Alun School Council July 2016**

**Please refer to the full school policy for further information.**