



**King Edward VI School**

**CITIZENSHIP AND PSHE  
DRUGS & ALCOHOL POLICY  
2016**

**Including information regarding  
Years 7 and 8 from September 2016**

## **Aims**

At King Edward School, we aim to:

- Develop all students as individuals, each valued in his or her own right
- Provide a wide range of equal opportunities to fulfil his or her full potential, socially, academically and emotionally, within a diverse curriculum and stimulating school environment
- To provide each student with a broad education, enabling them to develop the personal skills, attitudes and knowledge to cope with our ever changing world
- To provide a wide range of opportunities for students to examine and formulate their own beliefs and values.

## **Context**

At King Edward VI School we are committed to playing our part in the delivery of the Suffolk strategies in terms of health and welfare and in the delivery of the National Curriculum advice suggested by Government in relation to British values, sexual relations education, cultural diversity, developing positive relationships and active citizenship.

## **Rationale**

At the heart of effective Citizenship and PSHE education is the development of self-esteem and self-confidence enabling students to use and build on their personal skill base, encouraging the development of appropriate attitudes and values, equipping students to make lifestyle decisions based on taking individual responsibility, demonstrating tolerance and understanding the importance of the democratic process in the local, national and international community.

Citizenship and PSHE is delivered through discreetly timetabled lessons for Years 10 and 11. In Year 9 Citizenship is delivered through the Religious Studies scheme of work and PSHE on 'Focus Days' incorporated in the school calendar. These programmes aim to:

- Improve student self-esteem and self-confidence enabling them to recognise their own personal skills and qualities
- Develop student understanding of individual and collective responsibility
- Develop academic resilience, assertiveness and the motivation to succeed
- Develop understanding of multiculturalism, tolerance and respect for themselves and others
- Enable students to identify the wide range of local and national advice bureaux that provide appropriate personal support and advice
- Develop understanding of the democratic process on a local, national and international scale
- To develop student awareness and understanding of Human Rights and the responsibilities associated with Human Rights
- Develop the skills to enable students to keep themselves safe
- Develop self-reliance, flexibility, empathy, adaptability and positive decision making skills

- Develop student understanding of their identity and their relationship with the rule of law, justice, contribution to and participation in the local, national and international community.

Examples of the topics studied include:

### **Year 9**

- Conflict and Co-operation
- You and the Media – including E Safety
- Prejudice and Discrimination.

### **Year 10**

- You, the Law and Justice
- Teenagers and Mental Health
- Alcohol and Drugs Education.

### **Year 11**

- Making the right decisions for you – focused on Post 16 options.
- Islamophobia and Radicalisation
- You and your money – including consumer rights
- Coping with bereavement.

## **RELATIONSHIPS AND SEXUAL RELATIONS EDUCATION**

The principle aims of Relationship and Sexual Relations education at this school are:

- To provide accurate information about health matters, both physical and mental, to help students to clarify and understand the attitudes and values which influence lifestyle choices.
- To promote student well-being through encouraging healthy lifestyle choices, keeping yourself safe and identifying healthy patterns of behaviour.

### **Relationship/sex education at King Edward VI School involves four key elements:**

Attitudes and values:

- Learning the value of love, respect and care in a loving relationship
- Family life and marriage
- Diversity within marriage and relationships
- Learning about attitudes to sex from a variety of perspectives including religious, cultural and social beliefs and practices. Examples include FGM (female genital mutilation), Celibacy, Arranged Marriages, gender equality within a relationship.

Personal and social skills:

- Developing self respect, self esteem and empathy skills.
- Learning to make informed choices.
- Identifying the characteristics of a healthy/unhealthy relationship.
- Learning about your body in a physical and emotional sense.

Knowledge and understanding:

- Understanding developmental changes to your mind and body
- Learning about sexuality and sexual health
- Learning about a variety of sexual issues and identifying advice and support services
- Learning to take personal responsibility relating to sexual activity
- Understanding the impact of the media, internet safety, and other secondary socialisation influences in relation to a sexual relationship.

### **Learning Outcomes**

By the end of Key Stage 4 students will have had the opportunity to:

- Develop a healthy and responsible attitude toward a safer lifestyle
- Assess the risks in relation to sexual behaviour
- Demonstrate ways in which they can resist pressure from any quarter that threatens their safety
- How to negotiate with a partner within an intimate relationship
- Understand the physical and emotional changes that take place during puberty.
- Learn about human reproduction, contraception, safe sexual practices
- The risks associated with engaging in sexual activity at an early age. Example: sexual exploitation
- Learn about HIV/AIDS and other sexually transmitted infections in relation to high risk behaviours
- Learning about the sexual support services available to young people in the local area and beyond
- Knowledge and understanding of the different cultural norms within the wider society and acknowledgement that all people experience different family lives.
- Learn about the responsibilities of parenthood
- Developing an understanding of when an individual may be ready to engage in sexual activity.

### **Organisation of the Relationship/sex education programme**

The programme will be delivered by qualified teachers and some speakers from recognised professional outside organisations. All classes will be mixed gender and the programme devised by the Citizenship/PSHE subject leader. All teachers will be aware of the need for safeguarding throughout the programme and will have the appropriate training in place. All teachers will be aware of the Designated Safeguarding Leads within school and will relay any concerns directly to the subject leader who will then liaise

All lessons have strong links to other curriculum areas, identified on the lesson plans. The schemes of work are produced in a rolling cycle format each years teaching building on the last, leading to each student having the opportunity to continuously develop their knowledge and understanding, delivered in age appropriate chunks. Topics include:

#### **Year 9**

1. Knowing your body – physical and emotion change relating to puberty
2. E Safety – knowledge and understanding of the impact of social media on relationships

3. Keeping yourself safe – the risks associated with engaging in early sexual activity.

### **Year 10**

1. Sexual health and healthy/unhealthy relationships
2. Self-esteem, the media, including the impact of pornography and 'celebrity' culture
3. Accessing sexual health and relationship support services.

### **Year 11**

1. You, sex and the law, including sexual exploitation
2. Sex, sexuality, love and the potential consequences of high risk sexual behaviours
3. Negotiation skills, domestic violence and moral issues relating to sexual activity.

The approach taken by teachers of SRE is focused on the students, facilitating questioning and discussion within a safe and secure environment. Body parts are referred to by their scientific name and students are encouraged to use the appropriate language. High emphasis is placed on depersonalisation in lessons and contains no direct questioning of students about their own personal experiences. Ground rules are put in place through mutual agreement of students and teacher creating appropriate boundaries, thereby maintaining a safe and secure environment. All teachers will be aware of school policy relating to student confidentiality. Reflection time is built into all lessons and all resources used are age appropriate and have been given consent for use by the subject leader.

### **Informing and consulting parents**

Parents are invited to discuss any matters of concern with the Deputy Head or Head of College. Information about course content and the materials used to deliver will be displayed during the school's annual open evening where the subject leader of Citizenship and PSHE will be available to discuss all topics taught.

### **Child Withdrawal Procedure**

All parents have the right to withdraw their child from Sex Education. At King Edward VI School we encourage all students to participate and actively encourage parents to discuss the issue before making a final decision. The right to opt out is included in our Year 9 transition forms and requires a parental signature.

### **Complaints Procedure**

Any complaints about the nature of Citizenship, PSHE and Sex Education at King Edward VI School will be dealt with initially by the Deputy Head Teacher and Citizenship and PSHE subject leader. If the problem remains unresolved, it will be taken to the governing body for further investigation/consideration.

### **Monitoring and Evaluation of Citizenship and PSHE**

Citizenship and PSHE lessons will be observed regularly and monitored by the appropriate Line Manager. Regular sampling of books and completed worksheets will  
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be undertaken by the Subject Leader on a term by term basis. Peer evaluation activities are also built into the scheme of work and a student evaluation sheet will be completed by all students at the end of each module.

## **ADDITIONAL INFORMATION FOR YEARS 7 AND 8 FROM SEPTEMBER 2016**

The delivery of Citizenship and PSHE for years 7 and 8 is based on the advice and guidance of the Association for Citizenship Teaching and the PSHE Association and serves as a foundation for the programmes already in place for year 9, 10 and 11 students. This also takes into account liaison with the current Middle Schools who feed into King Edward VI School. This programme is specifically designed to underpin the new two tier system to be adopted by King Edward VI School in 2016. Changes to the programme will be in place for 2017-2018 replacing, in part, the schemes of work relevant to 2016–2017.

Citizenship for 2016-2017 will be delivered through the Philosophy and Ethics (RS) programme for both year 7 and 8. Topics include:

### **Year 7**

- Who am I?
- The visible and invisible me
- How the mind and body works together
- How do I know what I believe?
- Personal identity
- Our relationship with the environment – focused on respect and responsibility
- The role we play in the community and wider society.

### **Year 8**

- Who am I?
- The visible and invisible me
- How the mind and body works together
- How do I know what I believe?
- Personal identity
- Cultural diversity – focused on tolerance and justice
- Cultural and religious origins of Christmas – focused on Christian and Pagan beliefs
- What does it mean to be British?
- Development of personal values and belief systems.

Sex Education will be delivered through planned focus days for both Year 7 and 8. These will be in the form of a variety of workshops focused on sex education specifically designed to be age appropriate and following the guidelines of the PSHE Association. The workshops will focus on:

### **Year 7**

- Changes that occur during puberty, both physical and emotional.
- Personal hygiene.
- Managing feelings and learning appropriate ways to express your feelings.
- How to access advice and support for anything worrying you.

### **Year 8**

- Communication within relationships
- Conception and human reproduction
- Identifying a healthy/unhealthy relationship – focused on child sexual exploitation.
- E Safety – focused on sexualised behaviours and the consequences of sending images through social media.

The delivery of these programmes will be subject to the same level of scrutiny as already applies to Years 9, 10 and 11 explained in full in the King Edward VI School Citizenship and PSHE School Policy Document, June 2016.