

# Sex and Relationship Education Strategy



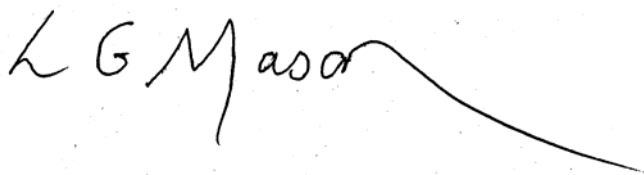
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# Foreword

Our Sex and Relationship Education Strategy in Newcastle has been written with young people at the heart. It puts forward a vision about what education young people can expect to receive from age 4 to 16 in terms of content – knowledge, development of skills and exploration of attitudes. It also sets out a quality standard for delivery – a list which describes what young people say they require and expect from all those providing education advice and support. Additionally a self-assessment checklist will assist all those schools and services to make sure they have structures and support in place for young people.

The document is designed to assist all those involved in SRE work to see the “bigger picture” and how their valuable work contributes to Every Child Matters outcomes as well as positive sexual health including the reduction of teenage pregnancy. It also provides a useful tool to review current work and activities.

A handwritten signature in black ink that reads "L G Mason". The signature is written in a cursive style and is followed by a long, sweeping horizontal line that extends to the right.

Linda Mason

**Chair of the Teenage Pregnancy and Parenthood Partnership Board**

# Our Vision for Sex and Relationship Education in Newcastle upon Tyne

**‘All young people should leave school equipped with skills for life and this needs to include the skills that good quality Sex and Relationships Education (SRE) should bring’ Rhiannon Holder (19)**

**‘SRE, Are You Getting It?’** A report by the UK Youth Parliament, June 2007

Our vision for Sex and Relationship Education in Newcastle upon Tyne is based on what young people have consistently told us, which is in line with the most reliable evidence:

- Best quality Sex and Relationship Education across all key stages of education, in and out of school, provides children and young people with age appropriate information about themselves, and opportunities to learn gradually about their capacity for enjoyment and pleasure in relationships, including sexual relationships.
- Effective Sex and Relationship Education equips them to take care of themselves physically and emotionally.
- Sex and Relationship Education does not encourage young people to have sex before they are ready, and research shows that it can delay the age of first sex and reduce unintended consequences such as pregnancy and sexually transmitted infections.

In Newcastle our vision is that all children and young people have best quality Sex and Relationship Education that is age appropriate from their early years, in school, play and youth, community and care settings.

**By the end of Key Stage 2 up to age 11, children will have had opportunities to:**

- Explore beliefs and values
- Talk about feelings
- Think about and discuss the importance of valuing themselves and others, for enjoyable, respectful relationships that are not exploitative or violent
- Think about and discuss rights and responsibilities in relationships
- Learn about their bodies, with words for parts of the female and male body
- Learn about physical and emotional changes at puberty
- Learn practical ways to take care of themselves, including avoiding infection and illness
- Hear things more than once, with age appropriate detail from early years through Key Stages 1 and 2
- Discuss the importance of valuing difference, including different sexual identities, and ways of challenging name-calling linked to difference

**By the end of Key Stage 4 up to age 16, young people, building on the Sex and Relationship Education they have already had will have had opportunities to talk about the importance of sexual identity, lesbian, gay, heterosexual and bisexual relationships including:**

- Learning about the right to sexual expression and managing relationships
- Discussing emotional aspects of sex and relationships
- Talking about the potential for pleasure and enjoyment in sex and relationships
- Discussing ways to respond to pressure and 'Am I ready'?
- Practising talking about sex and contraception, e.g. using scenarios negotiating what they want when they decide to have a sexual relationship
- Receiving accurate information about the full range of contraceptives, including EHC (emergency hormonal contraception), how to use them and where to get them.
- Receiving accurate information about sexually transmitted infections, what to do to avoid infection and where to go for advice and treatment.
- Discussing choices related to parenthood and fertility, based on accurate information e.g. pregnancy decision making and IVF
- Receiving accurate information about the range of local services both statutory and voluntary which offer advice support and treatment around relationships, sexuality and sexual activity
- Receiving Information about their right to confidentiality and safeguarding
- Discussing on ways of challenging name-calling, including names linked to sexual identity

# A Quality Standard for the delivery of SRE across all agencies

The following list describes what young people require and expect from all those providing education advice and support:

- To be treated with respect.
- To have their views and values taken on board by anyone working with them.
- To have friendly, helpful workers who provide information that is up to date and relevant to their needs.
- To be treated equally taking into account gender, ethnicity, sexual identity, culture, faith and ability.
- To be listened to and any information they give to remain confidential (unless there are safeguarding implications).
- To have opportunities to explore issues about relationships and sex in order to make informed decisions
- To have opportunities to develop the skills and self esteem they need to make the right choices for them and to protect themselves.
- To have workers who are aware of and have reflected on their own personal values and beliefs and the impact this may have upon their work.

**This Quality Standard is fully supported by young people, Teenage Kicks Steering Group, February 2008**

# What does this document mean for me?

## Do you have the following?

- Sex and Relationship Education (SRE) Policy
- Safeguarding Policy / Statement
- Behaviour / Anti Bullying Policy that includes ways of challenging name-calling linked to different rates of sexual development and different sexual identities
- SRE Scheme of Work / Curriculum
- A monitoring and evaluation framework for the SRE Scheme of Work / Curriculum
- Information about SRE Training Opportunities
- Audit of SRE Training undertaken by staff
- Up-to-date information sheets with details of local children and young people friendly health services and local and national help lines
- Up-to-date and age appropriate information sheets with details of local Young people friendly sexual health services
- The name and contact details of the School Health Advisor in your school or the local School Health Advisor (if you do not work in a school setting).
- Information about the school Health4U session(s) known to children and young people and all staff/workers
- A lead person in your organization, school or setting with responsibility for SRE
- A forum which meets regularly to reflect on and share practice

Have the SRE, Safeguarding, and Behaviour / Anti Bullying policies above been developed as follows:

- Children / young people and parents were involved in the development
- Each policy has been agreed and embraced by management / governing body
- Each policy has an annual review date

If you have not got any of the above, and you want support to get them in place, the following people can help, by giving you the information you need, and / or putting you in touch with colleagues who have expertise in particular areas of SRE.

Pauline Starr, 0191 2774458

[pauline.starr@newcastle.gov.uk](mailto:pauline.starr@newcastle.gov.uk)

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Clara Shield 0191 2194852

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[elizabeth.wylie@newcastle-pct.nhs.uk](mailto:elizabeth.wylie@newcastle-pct.nhs.uk)

# Appendix 1: Resources and Contacts

Contact the following for information / resources:

## C Card

- Service for under 25s
- Card available from a range of outlets Tel: 0191 219 5239 for the nearest
- Card guarantees free condoms and lube
- Tel: 0800 28 29 30 or [www.ruthinking.co.uk](http://www.ruthinking.co.uk)

## Chlamydia Screening

- Offers free testing kits and advice
- Tel: 0191 2657014 or [www.checkyourbits.org](http://www.checkyourbits.org)

## GUM Clinic

- Provides confidential advice and treatment on sexually transmitted infections (STIs)
- Tel: 0191 219 5011/13 (Newcastle General Hospital)  
[www.gumnewcastle.nhs.uk](http://www.gumnewcastle.nhs.uk)

## Health Improvement Service, Newcastle Primary Care Trust

- Works with and supports practitioners, including in the area of sexual health
- Tel: 0191 2194848 (temp)

## Mesmac, North East

- Provides a confidential service for young men to discuss their sexuality
- Tel: 0191 233 1333 (young men)
- Lesbian Line Tel: 0191 261 2277 (Tuesday 7pm – 9pm)

## Newcastle Play Service

- Promotes children's personal and social development through play
- Operates community based Play sessions for children aged 5 – 13 yrs
- Tel: 0191 278 2844

## Newcastle Youth Service

- Promotes young people's personal and social development
- Works with young people to develop their talents, skills, knowledge and experience
- Tel: 0191 278 2839 (central office)

## Pregnancy Testing

- Confidential free service at a range of outlets – Contraception and Sexual Health Clinic (CASH), Streetwise, West End Youth Enquiry Service (WEYES) or your GP Surgery
- For advice and support contact Graingerville Clinic Tel: 0191 219 5239

**School Health Advisors**

- Support physical, social, emotional and sexual development
- Some work with PSHE teams in and out of school to develop and deliver PSHE and SRE sessions
- Some are involved in **Health4U** sessions in school
- To find out which School Health Advisor works in your school / area, Tel: 0191 219 4676

**SexSense Card**

- A pocket guide to sexual health services offering support , advice and treatment for young people
- Distributed through schools and a range of services
- Contact Childrens Services 0191 2774458 for information

**Streetwise**

- Open to young people up to age 25
- Access to information and services, including sexual health
- Tel: 0191 230 5400 and [www.streetwisenorth.co.uk](http://www.streetwisenorth.co.uk)

**Teenage Kicks team**

- SRE outreach team delivering sessions in schools and youth settings
- [www.yourteenagekicks.com](http://www.yourteenagekicks.com)
- Tel: 0191 2194852

**Teenage Pregnancy Support Team**

- Offers support and advice about pregnancy, birth and pregnancy decision making
- Provides a counselling service through teenage pregnancy advisors, a connexions adviser, counsellor and midwife
- Tel: 0191 261 6565

**West End Youth Enquiry Service**

- Open to young people up to age 25
- Access to information and services, including sexual health
- Tel: 0191 273 3997

**Young Father's Service**

- Service for young dads or dads- to- be with advice on parenting, welfare and parenting rights, health and housing
- Tel: 0191 230 0196