



MULLION SCHOOL

*A Specialist School
in the
Performing Arts*

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Mullion School Relationships and Sex Education, through Personal, Social and Health Education

Personal, Social and Health Education, (PSHE), is a compulsory part of the National Curriculum, Relationships and Sex Education, (RSE), is a compulsory unit within that.

At all times and in all PSHE lessons, we encourage open communication between young people, parents and teachers, to support our RSE programme. We aim to create an atmosphere of mutual respect and confidentiality in lessons, where young people are taught to respect each other and not to gossip about issues raised in lessons with other young people in school, or outside.

The programme begins in **Year 7**, between December and February with a set of lessons looking at puberty and healthy relationships. These lessons explore the effects of puberty, both physical and psychological, on the growing adolescent. We look particularly at how these changes can affect their relationships, self-esteem and behaviour. We aim to help them to understand, not only the physical changes they will go through, but also how these changes might affect their relationships with their peers and their attitude to the adult world into which they are entering.

March-April of Year 8, will receive a PSHE day focussed on 'Positive Relationships online'. This looks in more depth at the way the changes that are occurring in their bodies might affect their feelings about the way in which they relate to others. In particular, we look at issues of body image and self-esteem and "sexting", trolling and digital footprint.

In the **November of Year 9**, we run a PSHE day examining positive values and relationships. We try to help them to develop good relationships, based on mutual respect. In **March of Year 9**, we complete four workshops on safer sex. We look at the law in relation to sexual relationships, encouraging them to develop effective skills and strategies to help them delay sexual activity for as long as possible. Appropriate emphasis is put upon the idea of abstinence as an option. These areas are explored within a strong ethos, which actively encourages commitment within relationships and the development of a moral code based on family values and personal integrity. We also discuss personal safety through teaching them about sexual health, contraception and about how to make safe, healthy, choices. This day is supported by outside speakers.

In **Year 10 (November - February)** we have two modules which contribute to RSE. We include a module, which gives students the opportunity to understand the challenges facing teen parenting and in a separate unit we give advice on how to 'stay safe' in particular looking at the risks attached with drinking alcohol and relationships. They will continue developing their understanding of different diverse relationships and society and how understanding promotes expectation and mutual respect.

The emphasis in **Year 11 (late December - February)** is on making safe healthy decisions based on growing personal values and integrity, combined with accurate up to date information. During **Year 11**, we examine a range of different relationships, including looking at sexuality and domestic violence. Within all of these modules of study there is continuing emphasis on the development of personal integrity and positive values, as well as discussions about the nature and importance of marriage for family life and bringing up children.

It is important for parents to be actively involved in the programme through discussion of the topics covered, in a family context. A full curriculum map can be found on the school website under the subject area.

If, at any time, parents are anxious about the content, or the style of delivery of Relationships and Sex Education in Mullion School, they should not hesitate to make an appointment with me, to discuss their concerns. Parents also have the right to withdraw their child from any modules they do not wish the school to cover with their child. They can do this by writing to the Headteacher at the school.

Samanthan Bunyan – PSHE Co-ordinator

