



Health and Sexuality Education Guidelines

Rationale

Students need comprehensive and developmental health education that is holistic and balanced. The perception young people have about themselves as sexual beings affects their expectations, aspirations, social roles, living, and learning as well as governing their sexual behaviour and ultimately their total health. These guidelines indicate how programmes will recognise, respect, and respond to the diversity of values and beliefs in the school's community.

Purpose

- To ensure that effective and age appropriate health and sexuality education is delivered at all levels
- To assist students to develop as whole people in the spiritual, physical, mental and emotional, and social dimensions of wellbeing.
- To ensure that appropriate health-promotion policies and practices support the health curriculum to create a healthy, safe, and caring environment.
- To ensure that the school community is made aware of the contents of our programme which assists students to gain accurate and honest information about sexuality.
- To encourage students to clarify their own values and understand the values of their family and community.
- To develop student understanding of rights and responsibilities, and assertive communication to strengthen practices around speaking up.
- To assist students to develop the skills they need to make responsible decisions about consent, their personal relationships, sexual behaviour, and sexual health.
- To assist students to understand their rights of access to health-care services and find out more about guidance, counselling, and other supportive services, both within and beyond the school.

Guidelines

1. Each year, before the sexuality education programme is taught, parents/caregivers will be sent information about the programme and invited to discuss any issues of concern. Parents have the right to withdraw their daughter from all or selected topics of Relationship and Sexuality Education.
2. Both learning materials and personnel will be carefully selected to enhance programmes.
3. The school will have policies related to the health, safety, and wellbeing of staff and students as the need is identified.
4. The sexuality education programme will encourage students to develop the skills and attitudes of self-worth, decision making, and relating to and respecting the rights of others. This may include the topic of contraception. Abstinence will be promoted as a positive option.

5. Teachers of sexuality education will be appropriately trained, and the senior managers will be informed of topics to be covered by any visiting speakers.
6. Students will be encouraged to discuss any concerns with appropriate adults. These could include parents, the School Psychologists, School Nurses, Health Coordinator, Wellbeing and Digital Engagement Coordinator and outside professionals.
7. Teachers can, with due sensitivity, display posters, hand out pamphlets, lend books or pamphlets, and show videos containing health and sexuality information targeted at appropriate levels.
8. Teaching staff will be available to discuss the content of sexuality education courses with parents/caregivers.