

KAMUZU ACADEMY



RELATIONSHIP AND SEX EDUCATION POLICY

Date updated: 24th September 2024

RELATIONSHIPS AND SEX EDUCATION POLICY

Introduction

This policy will work in conjunction with the Relationships and Sex Education curriculum. The teaching of relationships and sex education is essential if young people are to make responsible and well-informed decisions about their lives. The policy and the material will help and support young people through their physical, emotional and moral development, helping them to learn to respect themselves and others and safely move with confidence through adolescence into adulthood.

This policy and the said material have been informed by, among others, what the Ministry of Education stipulates as sex education in the government's secondary schools.

While we use sex education to inform children about sexual issues, we do this with regard to matters of morality and individual responsibility, and in a way that allows children to ask and explore moral questions. We do not use sex education as a means of promoting any form of sexual orientation or sexual immorality. Since our children are growing up in an increasingly complex world, with lives lived seamlessly online and offline, a lot of positive and exciting opportunities as well as challenges and risks abound. Therefore, the need for relationship and sex education cannot be overemphasised.

Aims of the Policy

- To provide all students with the necessary information to understand the physical, emotional and social aspects of human sexual development.
- To provide all students with the basic understanding of human reproduction, how it occurs and the responsibilities it imparts.
- To promote an insight into the health-related issues associated with sexual activity and to encourage a responsible attitude towards the prevention of sexually transmitted diseases.
- To foster attitudes which promote strong and worthwhile family relationships.
- To encourage a moral and fair-minded approach to a wider range of sexual issues which will increase their own senses of self-esteem and enable them to have a positive and happy acceptance of their own sexuality.
- To enable students to develop an awareness of the pressures that may be put upon them and strategies to cope with these.
- Students will be encouraged to determine their own values within a moral framework to enable them to make informed decisions for themselves.
- To make students aware of the reasons for and the benefits to be gained from delaying sexual activities.
- To make students aware of the law relating to sexual activity, and how they may gain access locally to confidential advice.

On aspects of relationships, students are taught about how to cope with relationships both in the present and the life after the Academy

They will be taught:

- Different types of relationships, including friendships, family relationships, dealing with strangers at home and at school, intimate relationships and Sexual Health.
- How to recognise, understand and build healthy relationships, including self-respect and respect for others, commitment, tolerance, boundaries and consent, and how to manage conflict and how to recognise unhealthy relationships.
- How relationships may affect health and wellbeing, including mental health.
- Health relationships and safety online.
- Factual knowledge, at secondary school level, around sex, sexual health and sexuality
- Human development: Puberty, Hygiene and body changes.

Levels of Information

- Students will be taught sex education to the level of knowledge consistent with their age, each time building on what they learnt from the previous level.
- Students will be taught the three areas of sex information, i.e. abstinence and comprehensive sex education, only to the levels that are acceptable by the laws of Malawi. The Academy, however, only accepts the first (abstinence) as the stand for its students.

Other Important Matters Concerning Sex Education

- The policy and material on Sex Education will be posted to parents of our students for their information and/or input.
- The Deputy Headmaster (P) will arrange for meetings with parents in designated places to have an interface with the parents on Sex Education Policy and material.
- The parents will have the option to withdraw their child(ren) from such lessons in their entirety or in part, but this will only come into effect after a written request has been made to the Headmaster.
- Children whose parents opt to withdraw their child(ren) from such lesson will be put in designated areas with gainful academic engagements.

Who Will Deliver the Relationships and Sex Education Material to Students?

- **Tutors:** Tutors will teach the relationships and sex material, during tutor periods.
- **Designated Teachers:** Some designated teachers will also be required to teach students in year groups at periodic times in the academic year.
- **External Speakers:** Some specialist external speakers will also be invited to address students in these important topics.