



Relationship & Sex Education Policy

I Introduction

Tokyo West International School (TWIS) is aware of the importance of Relationship & Sex Education (RSE) at school in order to tackle all types of prejudice and to promote understanding, respect and diversity, the scope that will be taught in RSE will include learning about physical, moral, and emotional development; comprehension of the importance to have love and caring relationship; education of sex, sexuality, and sexual health; mindset that comprehensive sex and relationship education doesn't merely related to become sexually active at a younger age. Some schools around the world may have covered RSE in their biology classes. This gives us the recognition of how important is RSE to be taught.

Thus, TWIS provides this policy to support students through their spiritual, moral, social, emotional, and physical in terms of setting out the ways in which TWIS provisions for relationship and sex education.

I The objective of SRE education

- RSE will reflect the values of the TWIS.
- RSE will promote self-esteem and emotional health, and well-being and help them form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others, at home, school, work and in the community.
- RSE will support the students in their puberty period, and give them an understanding of sexual development in terms of health and hygiene.
- RSE will help students to create a positive culture around issues of sexuality, stability, and loving relationships.
- To provide the knowledge and information to which all the community is entitled
- To clarify/reinforce existing knowledge
- To raise pupils' self-esteem and confidence, especially in their relationships with others
- To help pupils understand their sexual feelings and behavior, so they can lead fulfilling and enjoyable lives
- To help pupils develop skills (language, decision making, choice, assertiveness) and make the most of their abilities.
- To provide the confidence to be participating members of society and to value themselves and others
- To help gain access to information and support in developing skills for a healthier, safer lifestyle
- To develop and use communication skills and assertiveness skills to cope with the influences of their peers and the media
- To respect and care for their bodies
- To be prepared for puberty and adulthood.

I The Coverage of SER Education at TWIS

Every child is entitled to receive RSE regardless of ethnicity, gender, religion, age, culture, disability, sexuality, language, special needs and disadvantaged children. It is our



intention that all children have the opportunity to experience a program of RSE at a level which is appropriate for their age and physical development with differentiated provision if required.

The RSE education may be involved in particular subjects such as science and social studies with limited quantities. However, we may hold class as an additional lesson to some grade classes to teach coherently and relevantly about Relationship & Sex Education. The teachers involved will be Physical Education (PE)'s teacher for boys and School Nurse for girls. Even though the lesson is not taught regularly in the classroom, the school nurse and our PE teacher will make sure to guide the students in case difficulties arise during the puberty period case by case.

The Goals for Students:

1. To understand the basic meaning of puberty-related terms used.
2. To define puberty correctly.
3. To understand the human body system and factors that affect human growth and development.
4. To understand the change occurring during puberty and adolescence in terms of physical, social, and emotional.
5. To understand the basic knowledge about how puberty prepares human bodies for human reproduction.

TWIS Boys

The lesson for RSE education which will be taught to the boys of grade school will be about introduction to puberty. They will learn about what physical and emotional changes happen during puberty.

Example:

- Why do they grow hair on their face/chest?
- Why their voice gets deeper
- Why shoulders get broader.
- Etc.

TWIS Girls

For the girls, it will be also similar to the boys which means what kind of changes happen during their puberty. We try to help them understand that their body will grow faster than any other time in their life. We will try to teach them some important terms related to puberty so that they can do their own research and search the details more.

Example:

- Why do their hips get wider?
- Breasts develop and they may start wearing a bra.
- Etc.

| Specific Issues

Parental consultation



Tokyo West International School

TWIS acknowledges that parents hold the right to withdraw their children from any part of Relationship & Sex Education that is taught optionally at any school.

The school includes information on Relationship & Sex Education in the school handbook and full details are available upon request. The school informs parents when aspects of the Relationship and Sex program are taught and provides opportunities for parents to view the videos and resources being used. Parents have the right to withdraw their children from aspects of Relationship & Sex education. However this rarely happens. By working in partnership with parents they recognize the importance of this aspect of their child's education.

Child Protection / Confidentiality

Teachers need to be aware that effective Relationship & Sex Education, which brings an understanding of what is and is not acceptable in a relationship, may lead to disclosure of a child protection issue. The staff member will inform the Head Teacher / Designated Child Protection person in line with child protection laws. A member of staff cannot promise confidentiality if concerns exist.

Dealing with difficult questions

Ground rules are essential to provide an agreed structure to answering sensitive or difficult questions. This framework facilitates the use of an anonymous question box as a distancing technique. Teachers will endeavor to answer questions as honestly as possible but if faced with a question they do not feel comfortable answering within the classroom, provision would be made to meet the individual child's needs.

Use of visitors

When appropriate, visitors such as the school nurse may be involved in the delivery of relationship & sex education.

Children with special needs

Teaching and resources will be differentiated as appropriate to address the needs of these children in order for them to have full access to the content of relationship & sex education.

Monitoring and Evaluation

Monitoring is the responsibility of the Physical Education teacher and Deputy Head of School for Relationship & Sex Education. The school will assess the effectiveness of the aims, content and methods in promoting students' learning by lesson observation, sampling teachers planning, questionnaires to teachers and feedback from parents. The effectiveness of the RSE program will be evaluated by assessing children's learning and implementing change if required.