

SEXUAL HEALTH AND WELLBEING POLICY

CARRUM DOWNS SECONDARY COLLEGE



College Vision

Carrum Downs Secondary College empowers our community to build a successful future based on respect, personal growth and social inclusiveness.

College Values

Respect, Integrity, Effort

Purpose

Leadership and staff acknowledge the importance of a safe and inclusive environment, which supports the sexual health and wellbeing of all staff and students. This policy confirms our commitment to:

- providing a safe, inclusive and empowering environment for students, families, staff and visitors
- developing knowledge, resilience and help-seeking skills of students
- delivering sexuality education in one or more learning key areas of the curriculum as a part of a whole school approach to health and wellbeing.

As a health promoting school, we will promote respectful relationships and the health and wellbeing of students, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

Policy statement

Background

Comprehensive, whole-school sexuality education that provides consistent and accurate information to children and young people from an early age, is respectful of diversity and supported by a whole-school approach can contribute to positive behaviour change.¹

The goal of sexuality education is to build on knowledge, skills, and behaviours, thus enabling young people to make responsible and safe choices. Developing protective factors such as resilience and social and emotional competencies will enhance the potential for children and young people to resist risky behaviours. Young people can make good decisions about their sexual health if education policies, programs and services are available to help them.

¹ DET, Why We Need Sexuality Education
<https://www.education.vic.gov.au/school/teachers/teachingresources/discipline/physed/Pages/aboutwhy.aspx> (last updated 13 June 2018)

The promotion of sexual health is a responsibility shared between schools, the local health and welfare community, and parents. School-based sexuality education programs are more effective when they are developed in consultation with parents and the local community. Learning and teaching in sexuality education should be developmentally appropriate.²

Whole school engagement

It is recognised that every member of Carrum Downs Secondary College has an impact on students' health and can contribute to creating a supportive environment for sexual health and wellbeing. All members of our school community including staff, students, families and volunteers will be supported to meet this policy.

Definitions

Sexual health and wellbeing: For the purposes of this policy and for the Healthy Schools Achievement Program, the 'Sexual Health and Wellbeing' health priority area focuses on sexual health, sexuality and gender.

Sexual health: A state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences that are free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.³

Sexuality: A central feature of being human that is deeply individualised. It includes sexual feelings, thoughts, attractions, preferences and sometimes behaviour.⁴

Procedures and responsibilities

Leadership and commitment

- Staff, families and students are involved in guiding the development and implementation of the whole school Sexual Health and Wellbeing Policy and are seen as key partners in promoting and supporting positive sexual health in the school.
- Staff, families and students are provided with information about policy requirements, with opportunities to provide feedback and input.

Healthy physical environment

² DET, School Policy Advisory Guide – Health Education
<http://www.education.vic.gov.au/school/principals/spag/curriculum/pages/health.aspx> (last updated 15 July 2019)

³ World Health Organization 2013, Defining sexual health,
http://www.who.int/reproductivehealth/topics/sexual_health/sh_definitions/en/

⁴ The University of Western Australia 2015, Sexuality and gender terms,
<http://www.student.uwa.edu.au/experience/health/fit/share/sexuality/definitions>

- The school environment, including grounds, visual displays, signage and materials, reflect diversity and promote inclusivity where possible.
- The school uniform policy is gender inclusive.

Healthy culture

- Diversity and cultural practices are considered when implementing this policy and sexual health and wellbeing practices.
- Language used is respectful of gender, culture and sexuality and there are avenues for community members to raise concerns about any disrespectful language and behaviour.
- Strategies are used to promote positive and responsible behaviour, and to prevent and respond to bullying, discrimination and harassment.

Student teaching and learning

- The school curriculum includes sexual health education programs that are developmentally appropriate and respond to diverse student needs, including gender, sexuality, religion, culture and disability.
- Staff have access to professional development and resources to support them to deliver sexual health, gender and sexuality education.

Supported staff

- Inclusive behaviours are expected for all staff members. School leadership ensure staff feel comfortable and safe to express their gender identity and sexuality.
- Sexual health and wellbeing information and policy requirements are included in staff orientation/induction.

Families and community partnerships

- Sexual health and wellbeing information is provided to families and the wider community, such as information about local support services and resources about sexual health, gender and sexuality.
- Partnerships are established with relevant organisations and health professionals to support mental health and wellbeing practices where appropriate.
- There are clear referral options and pathways for students, staff and families to access support services related to sexual health, sexuality, violence, sexual harassment and discrimination.
- The school is proactive and ensures support pathways are in place prior to implementing sexual health and wellbeing initiatives in order to respond to a potential increase in disclosures.

Relevant legislation and policy documents

- [DET School Policy and Advisory Guide – Health Education Approaches](#)

- [Education and Training Reform Act 2006](#)
- [Equal Opportunity Act 2010](#)
- [DET Protection and Support Policies](#)

Related school policies (examples)

- Bullying
- Child Protection
- Student Safety
- Staff Health and Wellbeing
- Student Engagement

Monitoring and review

This Sexual Health and Wellbeing Policy will be monitored and reviewed by the staff, school council, student representatives and the health and wellbeing team at least once every three years.

Communication

This policy will be available on Carrum Downs Secondary College’s website <https://cdsc.vic.edu.au/>, so that parents and other members of the school community can easily access information about Carrum Downs Secondary College’s policies and procedures.

Approval and review

Created date	18 July 2022
Consultation	School Council Meeting
Endorsed by	School Council
Endorsed on	18 July 2022
Next review date	18 July 2024