



## ALL SAINTS C of E PRIMARY SCHOOL AND NURSERY

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**SCHOOL 212**

## SEX & RELATIONSHIP EDUCATION POLICY

### What is Sex and Relationships Education?

Sex and Relationship Education (SRE) is learning the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. Some aspects are taught in science, and others are taught as part of personal, social, health and economic education (PSHE).

A comprehensive programme of SRE provides accurate information about the body, reproduction, sex, and sexual health. It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline.

### Why is Sex and Relationships Education in schools important?

High quality SRE helps create safe school communities in which pupils can grow, learn, and develop positive, healthy behavior for life. It is essential for the following reasons:

- Children and young people have a right to good quality education, as set out in the United Nations Convention on the Rights of the Child.
- Children and young people want to be prepared for the physical and emotional changes they undergo at puberty, and young people want to learn about relationships.
- SRE plays a vital part in meeting schools' safeguarding obligations. Ofsted is clear that schools must have a preventative programme that enables pupils to learn about safety and risks in relationships.
- Schools maintain a statutory obligation under the Children Act (2004) to promote their pupils' wellbeing, and under the Education Act (1996) to prepare children and young people for the challenges, opportunities and responsibilities of adult life. A comprehensive SRE programme can have a positive impact on pupils' health and wellbeing and their ability to achieve, and can play a crucial part in meeting these obligations.

'Sex and Relationships Education (SRE) for the 21<sup>st</sup> century' PSHE Association

### Aims

The aim of SRE is to provide children with age appropriate information, explore attitudes and values and develop skills in order to empower them to make positive decisions about their health related behaviour. The SRE programme will promote the spiritual, moral, cultural, mental and

physical development of pupils and prepare them for experiences in adult life. It will help pupils keep themselves safe from harm, both on and offline.

## Objectives

At All Saints CE Primary School and Nursery Sex and Relationships Education will be taught in the context of relationships. We will teach about the importance of stable relationships, marriage and family life.

The objectives of Sex and Relationship Education are:

- To provide the knowledge and information to which all pupils are entitled;
- To clarify/reinforce existing knowledge;
- To raise pupils' self-esteem and confidence, especially in their relationships with others;
- To provide the confidence to be participating members of society and to value themselves and others;
- To help gain access to information and support;
- To develop skills for a healthier and 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.

## Sex and Relationships Scheme of work

In All Saints CE Primary School and Nursery, we follow an adapted version of 'Living and Growing' teaching resource. There is a scheme of work for Sex and Relationship Education from Year 1 to Year 6 drawn up by the PSHE Subject Leader. Each Class Teacher has a copy of the Scheme of Work and related teaching and learning resources.

<b>Year group</b>	<b>Content summary</b>	<b>Living and Growing resource used</b>
Year 1	<b>Differences</b> - a topic of 'living things'. Pupils learn about life cycles of some animals and understand the idea of growing from young to old. Pupils will also learn about recognising their feelings and relationships with other people.	Differences Living and non-living things Worst and best days
Year 2	<b>How did I get here?</b> - a topic of 'Growing' which looks at growth and change from the point of view as a child, considering themselves as babies and thinking about their future as adults.	How did we get here? What do things come from Birth fact file Growing up What can we do? Who are we like?
Year 3	<b>Growing up</b> - a topic of 'Where do I come from?' which continues to work on life cycles, growth and change. It also looks at relationships.	Growing up- Whose present? What can I do? Baby animals Family tree My friend Achievements Meal time
Year 4	<b>Changes</b> - a topic which explores the physical and emotional changes that take place on the onset of puberty and how we feel about ourselves. It considers some of the changes that are outside our control, and the choices we face in others over	Changes Make your choice Find a feeling Inside our bodies

	which we can have increasing control as we grow up. It reaffirms that puberty is a normal and natural process.	Past, present, future
Year 5	<p><b>Girl talk</b> – a topic which reviews the physical and emotional changes that take place for girls at the onset of puberty. It deals with the information not only from the point of view of girls but also in terms of what boys need to know. Menstruation is discussed and common problems faced by girls are given consideration.</p> <p><b>Boy talk</b> – a topic which reviews the physical and emotional changes that take place for boys on the onset of puberty. It deals with the information not only from the point of view of a boy but also in terms of what girls need to know.</p>	<p>Girl talk: Check out the changes, girls! Menstruation Everything you need to know about periods The problem with girls.... Clean up What's the score?</p> <p>Boy talk: Check out the changes, boys! Boys do cry! Show you care Boys vs girls Further your score</p>
Year 6	<p><b>Let's talk about sex</b> - a topic which examines the development of relationships, the image of sex created by the medial and popular culture, and marriage.</p> <p><b>How babies are made</b> – a topic which examines the whole process of life cycles and reproduction, rites of passage, friendships and feelings. It emphasises the importance of a loving, caring relationship between couples and the value of the family and relationships within.</p> <p><b>How babies are born</b> – a topic which reviews relationships and feelings and investigates roles and responsibilities. It focuses on the development of the baby in the womb, the needs of the baby and the mother before the birth and the inheritance of physical characteristics.</p>	<p>Let's talk sex- Soaps First time Diamond relationships Love and marriage Product power</p> <p>How babies are made- Life cycles The fertilisation game How does a baby start? Bring me sunshine As time goes by My family Recipe for a good friend</p> <p>How babies are born Love is..... Feeling good Who does what? Healthy mum and healthy baby Life support system What a big baby! Don't they look like.....</p>

## Delivery

Sex and Relationship Education will be delivered as part of PSHE curriculum and planned aspects of Science curriculum. A variety of teaching methods will be used. Single gender groups will be used as deemed appropriate and relevant. Visitors will also be invited to support the curriculum, where appropriate. This may include the school nurse, parents and babies.

## Consultation

The school is committed to working with parents and value the role they play in supporting the Sex and Relationships Education programme at home. Parents are invited to watch any teaching videos and discuss the content with the Class Teacher, prior Sex and Relationship Education taking place.

Most of a pupil's informal sex and relationships education occurs within the family and the school's programme will complement and build on this in co-operation with homes. Parents/carers have the right to withdraw their child from some, or all, SRE lessons but not statutory Science lessons. If a parent/carer wishes to withdraw their child they need to have a discussion with the Headteacher, so that he/she can be made aware of the reasons and provide alternative arrangements.

#### Dissemination of this policy

All staff members and governors will receive a copy of this policy. The policy is published on the school's website and a hard copy of this policy is available for parents in the School Office.

#### Assessment

Teachers assess the children's work in Sex and Relationship Education both by making informal judgements as they observe them during lessons and by assessing pupils' written work.

#### Monitoring and Review

The PSHE Link Governor will be responsible for monitoring and evaluating the Policy and will provide the link between school and governors. The PSHE Subject Leader is responsible for monitoring the standards of children's work and the quality of teaching.

The PSHE Subject Leader supports colleagues in the teaching of Sex and Relationships Education, by giving them information about current developments in the subject and by providing a strategic lead and direction for the subject in the school. The PSHE Subject Leader is also responsible for giving the head teacher an annual summary report, evaluating strengths and areas for development in the subject.