

# St. Nicholas Primary School



## Sex and Relationships Policy Spring 2017

This policy should be read in conjunction with the following policies: PSHE, Anti-Bullying, Child Protection & Safeguarding and the National Curriculum.

**Review date:** Spring 2017 - Mrs. D. Girtchen

**Date approved by the Governing Body:** 20 March 2017

**Minute number:** 132 i)

**Next review:** Spring 2019 or in line with any changes

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## **1. What is Sex and Relationships (SRE)?**

*“Sex and Relationships Education is lifelong learning about physical, moral and emotional development. It is about understanding the importance of marriage for family life; stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health. It is not about the promotion of sexual orientation or sexual activity.” (DFE July 2000)*

Effective SRE can make a significant contribution to the development of the personal skills needed by our pupils if they are to establish and maintain relationships. It also enables young people to make responsible and informed choices and decisions about their health and wellbeing. It is taught as an integral part of the PSHE and Science framework.

## **2. Aims and Objectives**

At St. Nicholas, we aim to develop in our pupils an understanding of the physical, biological, emotional, social, spiritual, legal and moral aspects of sex and sexuality. We teach RSE within the wider context of building self-esteem, emotional well-being, relationships and healthy lives, beginning in the early years through to year 6. We believe this prepares our pupils for the opportunities, responsibilities and experiences of adult life.

## **3. Equal Opportunities**

The school is committed to the provision of SRE to all of its pupils. Our programme aims to respond to the diversity of children’s cultures, faiths and family backgrounds and this may require single sex groups for some teaching, and in consideration of embarrassment.

## **4. Moral and Values Framework**

The SRE programme at St. Nicholas Primary School reflects the school’s inclusive values and demonstrates and encourages the following:

- Respect for self
- Respect for others
- Responsibility for their own actions
- Responsibility for their family, friends, schools and wider community

## **5. Attitudes and Values**

- to learn the value of respect, love and care
- to learn to value and respect ourselves and others
- to develop an understanding and valuing of diversity
- to promote a positive attitude to healthy lifestyle and keeping safe
- to develop an understanding of the value of family life and an appreciation of the many different types of family
- to explore, consider and understand moral dilemmas

## **6. Personal and Social Skills**

- to learn how to identify and manage emotions confidently and sensitively
- to develop self-respect and empathy for others
- to develop communication skills with peers, school and family
- to learn how to assess risk and to develop strategies for keeping safe
- to develop the ability to give and secure help
- to develop an understanding of difference and an absence of prejudice

## **7. Knowledge and Understanding**

- to recognise and name the main external parts of the body including names for sexual parts
- to know the basic rules for keeping themselves safe and healthy
- to know about human life processes such as conception, birth and puberty
- to develop an understanding of the physical and emotional aspects of puberty
- to know who can provide help and support

## **8. General Coverage**

### Foundation Stage

- children will learn about the concept of male and female and about young animals. In ongoing PSHE work they develop skills to form friendships and think about relationships with others.

### Key stage 1

- That animals, including humans, feed, move, grow and use their senses and reproduce.
- To recognise the external parts of the bodies of humans.
- That humans and animals can produce offspring and these grow into adults.
- To recognise similarities and differences between themselves and others and treat others with sensitivity.
- Identify and share their feelings with one another
- Recognise safe and unsafe situations and identify someone they are able to talk to and trust.

### Key Stage 2

- Life processes including nutrition, growth and reproduction
- The main stages of the human life cycle, including the physical changes that take place at puberty, why they happen and how to manage them
- Learn to express their opinions about relationships and bullying and to listen to and support others, including respecting other people's viewpoints and beliefs.
- Learn to recognise their own worth and identify positive things about themselves and try to balance the stresses in life in order to promote their own mental health and wellbeing of others.

## **9. Information for Parents**

SRE Focus Week will take place in the Summer Term. School nurses will be invited to deliver aspects of the programme, where appropriate, especially in Year 5 and 6. The materials are produced by the Christopher Winter Project, in line with guidance from DfE. Parents will be invited to view video materials used in Year 5 and 6 prior to teaching. Parents have the right to withdraw their children from Sex and Relationships specific objectives, but no child can be withdrawn from other PSHE, Science or any lessons that are part of the statutory National Curriculum.

## 10. SRE Focus Week Coverage

Year 1	<i>Lesson 1 - Keeping Clean</i> <i>Lesson 2 - Growing and Changing</i> <i>Lesson 3 - Families and Care</i>
Year 2	<i>Lesson 1 – Differences - Boys and Girls</i> <i>Lesson 2 - Differences - Male and Female</i> <i>Lesson 3 - Naming Body Parts</i>
Year 3	<i>Lesson 1 - Differences – Male and Female</i> <i>Lesson 2 - Personal Space</i> <i>Lesson 3 - Family Differences</i>
Year 4	<i>Lesson 1 - Growing and Changing</i> <i>Lesson 2 - What is Puberty?</i> <i>Lesson 3 - Body Changes and Reproduction</i>
Year 5	<i>Lesson 1 - Talking About Puberty</i> <i>Lesson 2 - Male and Female Changes</i> <i>Lesson 3 - Puberty and Hygiene</i> + video about growing up and hygiene. Girls will meet with School Nurse to discuss menstruation.
Year 6	<i>Lesson 1 - Puberty and Reproduction</i> <i>Lesson 2 - Relationships and Reproduction</i> <i>Lesson 3 – Conception and Pregnancy</i> + video about growing up and hygiene. Girls will meet with School Nurse to discuss menstruation.

## 11. Assessment

The children's understanding will be assessed using a range of methods including:

- Questionnaire
- Discussion
- Teacher assessments
- Students' self assessment

## 12. Monitoring

PSHE, including RSE is monitored through the school's programme of lesson observations, book monitoring, etc.

## 13. Evaluation

The programme is evaluated to ensure it meets the changing needs of the young people and reflects the views and values of the school community.

## 14. Child Protection and Confidentiality

Teachers need to be aware that effective sex and relationship 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 Headteacher, Mrs Caroline Skipper/designated Child Protection Co-ordinator, Mrs Helen Johnson, in line with the LA procedures for child protection. A member of staff cannot promise confidentiality if concerns exist.

## **15. Responsibilities**

Headteacher – Mrs Skipper PSHE Co-ordinator- Mrs Girtchen

## **16. Related Documents**

PSHE Policy, Anti Bullying Policy, Safeguarding Policy, National Curriculum