

# SEX AND RELATIONSHIPS POLICY

Updated: May 2017

*“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)*

Our children learn about sex and relationships from the very youngest age, even if we don't talk about it with them. Some of the things they learn are incorrect, confusing and frightening. In a world where sex is used to sell things from food to fast cars, we should talk to our children to help them make sense of it all. Effective SRE does not encourage early sexual experimentation - but it does enable young people to mature, to build up their confidence and self-esteem and to understand the reasons for delaying sexual activity until they are ready.

Parents and carers are the key people for their child's learning about sex and relationships and schools should always work in partnership with home. Parents and carers need to know that the school's SRE programme will complement their role and support them in the education of their child regarding sex and relationships. Northolmes Junior School will ensure that parents' and carers' views are heard and that taught SRE is culturally appropriate and inclusive of all of our children.

## **AIMS AND OBJECTIVES**

There are three main elements to our SRE programme:

- Gaining knowledge and understanding
- Developing positive attitudes and values
- Extending personal and social skills

At Northolmes Junior School, we have a commitment to ensure that our programme is relevant to all pupils and is taught in a way that is age and stage appropriate.

The objectives of Sex and Relationship Education at Northolmes are:

- To enable our pupils to make responsible, informed and healthy decisions about their lives, both now and in the future.
- To teach our pupils to respect themselves and others so they can move confidently from childhood through to adolescence and into adulthood.
- To provide a supportive learning environment in which pupils can develop their feelings of self worth and confidence, especially in relationship to others
- To teach pupils how to keep themselves safe in an ever-changing environment (with direct links to internet/social-media and changes in society).

## **Sex and Relationships Education in the context of the National Curriculum: Legal requirements**

Northolmes Junior School has a statutory duty to teach the following as part of the National Curriculum for Science at Key Stage 2

- describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- describe the life process of reproduction in some plants and animals and compare how different animals reproduce and grow
- describe the changes as humans develop to old age
- recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents
- Understand the stages in the growth and development of humans. They should learn about the changes experienced in puberty.

Parents do not have the right to withdraw their child/children from these above aspects of the Science curriculum.

Through coverage of the science curriculum, children build on their knowledge of life cycles and learn about the basic biology of human reproduction. Through coverage of the RE and PSHCE curriculum, pupils continue to develop an understanding of relationships within a family, between friends and the community and that there are different patterns of friendship. They will develop skills needed to form relationships and to respect other people's emotions and feelings. They will consider how to make simple choices and exercise some basic techniques for resisting pressures. These lessons provide a secure foundation for the teaching of specific SRE lessons.

SRE lessons are delivered in the Summer term, with years 3 to 6 covering the following themes.

### Year 3 and 4 learn about:

- the physical differences between males and females
- the main external organs of the human body
- the benefits of having good personal hygiene

### Year 4 also learn about:

- the physical changes that take place at puberty (considering the basic physical changes)

### Year 5 learn about:

- the physical changes that take place at puberty, why they happen and how to manage them (including periods)
- new aspects of personal hygiene relevant to puberty

During this unit they will watch programme 1 of Growing and Changing – Changes, which explores how bodies change during puberty as children develop into adolescents

### Year 6 learn about:

- how babies are made within the context of a stable, loving relationship.
- how a baby develops in the womb and how a baby is born.

They will watch programmes 2 and 3 of Growing and Changing – How Babies are Made/ How Babies are Born

During this unit they recap the physical and emotional changes that occur in puberty. They will watch programmes 4 and 5 of Growing and Changing – ‘Girl Talk’ and ‘Boy Talk’

### **How is SRE taught?**

SRE is taught by the class teacher. When appropriate, visitors such as the school nurse may be involved in the delivery of sex and relationship education, particularly in Key Stage 2.

Sex and relationship education is usually delivered in mixed gender groups. However, there are occasions where single gender groups are more appropriate and relevant, (specifically during lessons based on puberty).

A range of teaching methods are which include use of video, discussion and looking at case studies or real-life problems. Resources to teach sex and relationship education include fiction, reference books, leaflets and extracts from videos. We use: Channel 4 Living and Growing - Units 2 & 3 (Available from Channel 4 Learning).

### **Consulting Parents**

This policy, and the SRE unit of work (Appendix A), has been shared and agreed, with a Parents’ working party.

The school informs parents when aspects of the sex and relationship programme are taught and provides opportunities for parents to discuss the content of the lessons and to view the videos and resources being used.

Parents have the right to withdraw their children from those aspects of sex and relationship education not included in the National Curriculum Science Orders - alternative work will be set.

### **SEX AND RELATIONSHIPS EDUCATION - POLICY AND PRACTICE**

- Designated teachers (Mrs S Nower and Mrs A Stanley) will have overall responsibility for the provision of the programme, for monitoring developments within sex education and for recommending to governors any amendments that they feel necessary and appropriate.
- Parents will receive prior notification of the SRE Programme to enable them to discuss issues with staff or their own children.
- Materials used in the SRE Programme will be available to parents on request.
- Parents may withdraw their children from all or part of the school’s SRE Programme if they wish.
- The SRE Programme will cover aspects of personal hygiene, puberty, menstruation, pregnancy and birth.
- The children will be taught in both single and mixed gender groups as appropriate.

- If questions are asked by children outside the SRE Programme, the class teacher will use his/her discretion in answering them in an appropriate manner and at an appropriate and suitable time.
- Every child – including those with protected characteristics (see Equality Policy) is entitled to receive SRE.
- It is our intention all children have the opportunity to experience a programme of SRE at a level which is appropriate for their age and physical development with differentiated provision if required.
- The school's SRE Policy is subject to annual review.

### **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 endeavour to answer questions as honestly as possible but if faced with a question they do not feel comfortable answering within the classroom or one which is beyond the Key Stage 2 objectives, provision will be made to meet the individual child's needs. If children ask questions that are not part of the Key Stage 2 curriculum for SRE, then they will be advised that they cannot be answered and that they should speak to their own parents/carers.

### **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 sex and relationship education.

### **Child Protection / 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 Head Teacher /Designated Child Protection person in line with the LEA procedures for child protection.

A member of staff cannot promise confidentiality if concerns exist.

### **Monitoring and Evaluation**

Monitoring is the responsibility of the head teacher, named governor and teacher with responsibility for sex and relationship education.

The effectiveness of the SRE programme will be evaluated by assessing children's learning and implementing change if required.

This policy document will be available to Parents via our website or via requesting a paper copy from the school office.

This policy will be reviewed in May 2018

### **Links with other policies**

This policy is linked with the following policies:

PSHE & Citizenship

Equality

Child Protection

Behaviour

Anti Bullying