

# **SEX AND RELATIONSHIPS 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 in an age-appropriate way. Some aspects are taught in science, and others are taught as part of personal, social, and health 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.

It begins in the Foundation Stage and Key Stage 1 with activities based on friends, feelings families and life cycles. This is built on in Key Stage 2 where pupils learn about reproduction, puberty and relationships

SRE should be set within a wider school context and support family commitment and love, respect and affection, knowledge and openness. Family is a broad concept; not just one model, e.g. nuclear family. It includes a variety of types of family structure, and acceptance of different approaches. We aim to encourage students and teachers to share and respect each other's views. We are aware of different approaches to sexual orientation, without promotion of any particular family structure. The important values we explore are love, respect and caring for each other.

## **Aims**

At Northgate we strive to inform and enrich the lives of all the pupils in our care.

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 behaviours.

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.

## **The three main elements to our SRE programme are:**

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

## **Objectives**

At Northgate Primary School Sex and Relationships Education will be taught in the context of relationships. .

The objectives of Sex and Relationship Education are:

- To learn about and understanding physical development, human sexuality, emotions and relationships in a way which is appropriate and relevant to the age and physical and emotional maturity of the pupils;
- To raise pupils' self-esteem and confidence, especially in their relationships with others; to develop positive attitudes and moral values;
- To extend skills in social and personal relationships, developing a sense of self-worth and responsibility to others so they can move confidently from childhood through to adolescence and into adulthood.
- To learn how to be healthy and safe;
- To enable young people to examine their own and others' attitudes and values and to make informed decisions and healthy decisions about their lives, both now and in the future.
- 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.

### **Delivery**

Sex and Relationship Education will be delivered as part of PSHE curriculum and planned aspects of Science curriculum. In addition to specific lessons in the curriculum, SRE will also be delivered more informally, especially with younger age groups, through pastoral time, story time, show and tell time and circle time. SRE may also take the form of visits by parents and infant siblings, or outside agencies (for example health professionals.)

Teachers will make use of a variety of teaching resources including videos/library books/ specific schemes/resources from outside agencies, such as Coram Life Bus and the NSPCC as well as a variety of teaching methods. Where appropriate, pupils may be taught in single sex groups.

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

Legal requirements Northgate Primary School has a statutory duty to teach the following as part of the National Curriculum Science Orders.

#### **Key Stage 1**

- Notice that animals, including humans, have offspring which grow into adults.

#### **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.
- 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.

The scheme of work for Sex and Relationship Education from Year 1 to Year 6 is drawn up by the PSHE Subject Leader. Each Class Teacher has a copy of the Scheme of Work and related teaching and learning resources.

Year	Content
Foundation Stage	To talk about routines, keeping clean, families, learning the names of the main parts of the body, 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
Year 1	To develop positive relationships and choose not to bully and discriminate, to talk about routines, to develop skills for maintaining personal hygiene, cleaning teeth, washing hands, to be motivated to be clean and healthy
Year 2	To appreciate the need to take care, to be safe and care about keeping themselves and others' safe, to know the names of more parts of their bodies, to know that they have rights over their own bodies, to know when to keep a secret and when to tell, to understand what a friend is, and how to be a friend and understand that friendships can change
Year 3	To know what helps and hinders friendships, to consider ways of resolving differences, to be able to initiate friendships, to value difference, to understand that there are many social groups in society in terms of culture, religion, age, etc, to know that people live their lives in different ways and that different cultures may have different life patterns, to be able to respect other people's feelings, decisions, rights and bodies.
Year 4	To develop understanding of different types of relationships and families, to understand what families are, and what members expect of each other, to know the different changes that take place in human life, to develop skills needed for relationships, such as listening, supporting, showing care and to understand that it is wrong for children to be bullied or abused by other children or adults.
Year 5	To know that different people live their lives in different ways and that different cultures may have different life patterns, to contrast work in different cultures and at different times, to demonstrate and promote tolerance, understanding, respect and acceptance of difference, to understand that bullying is an unacceptable response to difference, to know how changes at puberty affect the body in relation to hygiene , to know how to cope with periods in school, to know that body changes are a preparation for sexual maturity and to be able to discuss and ask questions about changing bodily needs.
Year 6	To think about making new relationships as they get older, to understand about parenthood, to know about human sexuality and that it is expressed in different ways, understand what it means and have some words to describe it, to appreciate different ways of loving and its importance to a range of relationships, to know ways of coping with difficult emotions, fears and worries and to decide who has access to their bodies.

### **Inclusion & Differentiation**

We at Northgate Primary School teach SRE to all children, whatever their ability and individual needs. 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.

### **Difficult Questions**

Discussion will be encouraged, but ground rules will be established, excluding personal questioning of staff or pupils. Teachers will aim to deal with questions in a sensitive, open and matter-of-fact way, but it may sometimes be appropriate to deal with some questions on an individual basis at a later time, and/or to discuss a particular child's concerns with his or her parents. Effective SRE can on rare occasions reveal a Child Protection issue, in which case the School's Child Protection Policy will be followed.

### **Working with Parents/ Right of Withdrawal**

The school is committed to working with parents and value the role they play in supporting the Sex and Relationships Education programme at home. We aim to share the content of our SRE programme, and the resources to be used, with parents whenever possible, (especially at Year 5 and 6) and will advise parents in advance of any aspect of SRE which may be deemed particularly sensitive. Parents have the right to withdraw their child from any aspect of SRE which falls outside the compulsory elements contained in the Science National Curriculum, but we would encourage parents to first discuss any concerns with the class teacher or Headteacher so that he/she can be made aware of the reasons and provide alternative arrangements.

### **Monitoring and Review**

Teachers have the main responsibility for delivering SRE in the classroom, involving outside agencies and professionals where appropriate. Our Science and PSHE subject leaders will monitor the teaching and learning of SRE in accordance with our School policies and Schemes of Work; provide support to staff teaching SRE; and keep the Headteacher and Governors aware of any training needs and of the involvement of outside agencies. The PSHE Governor is responsible for monitoring and evaluating the effectiveness of this Policy and will ensure that it is kept up-to-date and reflects good practice and relevant legislation.