



<h1>Sex and Relationship Education Policy</h1>	
Governing Board with Responsibility	Teaching and Learning Committee
Reviewed/Revised	April 2019
Date of Next Review	April 2021
Agreed by Governors	10.07.2019
Additional Notes	This policy should be reviewed at least every 2 years or in the light of any significant developments or new legislation, or to reflect changing parental views.



## Introduction

The aim of Relationships Education is to put in place the building blocks needed for positive and safe relationships of all kinds, starting with family and friends, and moving out to other kinds of relationships, including online. We are clear that parents are the primary teachers of their children and that this subject should complement what pupils are taught at home, with the active involvement of parents in the subject to ensure it is effective.

Our school's Sex and Relationship Education Policy is based on:

- DfEE guidance document 'Sex and Relationship Education Guidance' (ref DfEE 0116/2000)
- The Relationships Education, Relationships and Sex Education, and Health Education in England (February 2019)
- Reflects the Christian principles and values that we uphold as a school.

Sex education is defined as 'learning about physical, moral and emotional development.' It is about understanding the importance of marriage, stable and loving relationships, respect, love and care. It is also about the teaching of 'sex, sexuality, and sexual health'. Sex education, in terms of reproduction, forms part of the science education curriculum in our school. Sex education within our school, gives due regard to matters of morality and individual responsibility and allows children to ask and explore moral questions.

Every child is entitled to receive SRE regardless of ethnicity, gender, religion, age, culture, disability, special needs or disadvantage. It is our intention that 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.



## **Aims and Objectives**

We teach children about:

- The physical development of their bodies as they grow into adults.
- The way humans reproduce.
- The importance of family life.
- Moral questions.
- Relationship issues.

## **Context**

Sex and relationship education will reflect the values of our church school ethos and SRE is taught in the context of relationships. In addition SRE will promote self-esteem and emotional health and wellbeing and help children form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others at home, school, work and in the community.

## **Organisation**

We teach some sex education through other subject areas (for example, science, PSHCE and PE), where we feel that they contribute significantly to a child's knowledge and understanding of his or her own body, how it is changing and developing and the effect of these changes on their thoughts and feelings. We ensure the children are aware of the adults available for them to talk to and encourage them to ask for help if they need it.

**In Key Stage 1**, we teach children that animals, including humans, move, feed, grow and reproduce, and we also teach them about the main parts of the body. Children learn to appreciate the differences between people and how to show respect for each other.

**In Key Stage 2** we teach about life processes and the main stages of the human life cycle in greater depth.

In Years 5 and 6 we place a particular emphasis on sex education, as some children experience puberty at this age. We use the resources published by the Health Service Executive in Ireland, working in partnership with the RSE Support Service, the National Parents Council (Primary) and the HSE Crisis Pregnancy Programme. *Busy Bodies* provides information on the physical and emotional changes that children may experience during puberty, to reassure them that puberty is a normal part of growing up. The programme includes a series of short animated child friendly videos, booklets for the children and a teachers' guide. Teachers do their best to answer all questions with sensitivity and care.



In science lessons in year 5, we ensure that both boys and girls know how their bodies change during puberty, what menstruation is, and how it affects women. We always teach this with due regard for the emotional development of the children.

In year 6, children are taught a series of lessons focused on sex education and the following topics are covered:

- The physical and emotional changes that take place as girls/boys go through puberty;
- How babies are conceived;
- Personal hygiene;
- Body image and how men and women are presented in the media.

Children are taught about puberty in same sex groups to allow greater freedom of discussion. We offer a meeting for all parents and carers of children in Years 5 and 6 to discuss this particular programme of lessons, to explain what the issues are and how they are taught, and to see the materials the school uses in its teaching.

### **Monitoring and Evaluation**

Monitoring is the responsibility of the head teacher and named governor. The effectiveness of lesson plans and related activities are reviewed each year following an evaluation completed by the year 6 children as well as feedback from teachers and parents. This policy is updated as necessary and depending on any changes made to the programme of lessons.

### **The Role of Parents**

We wish to build a positive and supporting relationship with the parents of children at our school through mutual understanding, trust and co-operation.

In promoting this objective we:

- Inform parents about the school's Sex and Relationship Education policy and practice.
- Invite parents to an information session where resources and lesson plans are shared.
- Answer any questions that parents may have about the sex education of their child.
- Take seriously any issue that parents raise with teachers or governors about this policy or the arrangements for sex education in the school.
- Make school resources available to parents to support their discussions at home should they feel the need to address issues sooner or later than in school.

Parents have the right to withdraw their child from all or part of the sex education programme that we teach in our school. This is made clear to parents in a letter informing of them of the dates on which the relevant sessions will be held. The school always complies with the wishes of parents in this regard.



## **Confidentiality**

Teachers are 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. All disclosures will be brought to the attention of one of the Designated Safeguarding Leads within school and the matter will be dealt with in line with the school's Child Protection procedures and Safeguarding Policy.

## **The Role of the Head Teacher**

It is the responsibility of the Head teacher to ensure that both staff and parents are informed about our Sex and Relationship Education Policy, and that the policy is implemented effectively. The Head teacher liaises with external agencies regarding the school sex education programme, and ensures that all adults who work with children on these issues are aware of the school policy, and that they work within this framework.

## **Review**

This policy will be reviewed in the Summer Term of 2021 or in the light of any significant developments or new legislation, or to reflect changing parental views.



## APPENDIX A

Dear Parent/Carer

As part of the school's Personal, Social and Health Education programme, your child will soon receive a unit of lessons on sex and relationship education (SRE).

These lessons will be taking place in the week beginning \_\_\_\_\_ in year 6 and week beginning \_\_\_\_ in year 5.

Nowadays, there is a vast amount of information about relationships and sex on the internet, on TV, in magazines, which children and young people are exposed to. This can sometimes make an already confusing time seem even more complicated.

If children are provided with timely and age appropriate information about their bodies and relationships, they can make their transition into adulthood with the confidence and knowledge to understand what is happening to them, and hopefully grow into confident and healthy adults able to make positive choices.

The lessons will cover the following topics:

The physical and emotional changes that take place as girls/boys go through puberty;

How babies are made (year 6 only)

Personal hygiene;

How are men and women presented in the media (year 6 only)

Following the puberty lessons, girls and boys will have the opportunity to discuss their learning and ask questions in same sex groups.

There will be an information session for parents and carers on \_\_\_\_\_ at 6 pm. The resources and lesson plans will be shared with the opportunity to ask any questions.

Parents can withdraw their children from all or part of sex education. If you wish to withdraw your child from any of the lessons please send an email to the school office ([admin@princessfrederica.com](mailto:admin@princessfrederica.com)) before the lessons start. If I do not hear from you, then I will assume that you have given consent for your child to take part in these lessons.

Yours sincerely,

Ms Christopher