

# DURDAN'S PARK PRIMARY SCHOOL

## SEX AND RELATIONSHIP EDUCATION POLICY



**Policy Reviewed On: June 2018**  
**Next Review Date: June 2019**

At Durdan's Park Primary School we value the importance of sex and relationship education to help and support young people through their physical, emotional and moral development. Effective sex and relationship education is essential if young people are to make responsible and well informed decisions about their lives. SRE (sex and relationship education) is firmly rooted within the framework for SEAL. The national Healthy School Standard Guidance and the National Curriculum including the Science Curriculum 2014. It also links with other areas in the curriculum like History, Literacy and RE.

We recognise the partnership of home and school, of parent and teacher, in this important area of personal development.

Sex education is a continuing, developmental process, which includes the exploration of attitudes and values and the development of skills, as well as the presentation of factual knowledge. As with all other learning, it should be gradual and matched to the child's maturity and stage of development.

Sex education teaches children to develop an awareness of, and respect for, themselves and others. It aids the development of positive self-esteem, which will help children to cope with the challenges of personal growth. It enables children to be aware of the personal choices they can make and prepares them to make responsible decisions. It is about exploring feelings and emotions and enjoying confidence in one's own ability.

As part of the sex and relationship education framework, pupils are taught about the nature and importance of family life and bringing up children. Pupils will learn about the significance of marriage and stable relationships. Care is taken that no child is stigmatised because of his or her home circumstances.

## **2. A definition of Sex and Relationship Education**

### **What is Sex and Relationship Education?**

Sex and relationship education is lifelong information about physical, moral and emotional development. It is about the understanding of the importance of family life, relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health.

Sex and relationship education has three main elements:

Attitudes and values:

- Learning the importance of values and moral considerations
- Learning the value of family life and stable relationships for the nurture of children
- Learning the value of love, respect and care

Personal and social skills:

- Learning to manage emotions and relationships confidently and sensitively
- Developing empathy for others and self-respect
- Learning to make choices without prejudice
- Appreciating the consequences of choices made
- Managing conflict
- Recognising and avoiding exploitation and abuse

Knowledge and understanding:

- Learning about and understanding physical development at a level appropriate to the children's age and maturity
- Understanding human emotions and relationships

### **3. Aims and values context.**

#### Aims and Objectives of the Policy

- To reassure children of their value and self-worth, including aspects of dignity and self-respect
- To nurture a responsible attitude towards personal relationships, such as aspects of mutual respect and care, and to develop sensitivity towards the needs of others
- To foster the ability to manage relationships in a responsible and healthy manner
- To promote the value of loving relationships and of family life
- To recognise that marriage is an important, but not exclusive, context for family life
- To provide knowledge of human reproductive processes at a level suitable to the children's level of maturity and understanding
- To inform children on matters of personal hygiene and related health issues
- To encourage exploration of values and moral issues, taking into account the physical and moral risks associated with certain behaviour
- To enable pupils to understand the influence of the media and peer groups and remain independent decision makers
- To enable pupils to know what is and what is not legal in matters relating to sexual activity.
- To inform pupils where they can access further information and advice.
- To educate against discrimination and prejudice

### **4. How the policy is monitored and reviewed. Procedures for Reviewing the Effectiveness of the Programme**

This policy will be formally reviewed every 2 years. The Senior Management Team and Governors will consider this policy carefully and suggest updates when necessary. Parents will be consulted as part of this process (through a newsletter item or at a parents' forum meeting). The teaching of SRE will be monitored by the PSHE Co-ordinator.

### **5. Links to other policies**

This policy supports the following School Policies:

- Equal opportunities
- School Behaviour
- Mission Statement, Aims and Objectives
- Health and Safety
- Personal, Social and Health Education and Citizenship
- Child Protection
- Science
- Healthy Schools Programme
- E Safety/Acceptable Use Policy

### **6. Areas of Responsibility**

There is a named member of staff for overall responsibility for SRE

There is a named governor with designated responsibility for SRE

#### **Governors**

- To ensure the legal framework is followed

- To consult with parents on the determination of the school's sex and relationship education policy
- To implement the sex and relationship education policy through the Head Teacher
- To carry out a bi-annual review of the policy
- To make copies of this statement available for inspection by parents of pupils registered at the school and provide a copy free of charge to any parent who requests one

### **Head Teacher**

- To implement and Sex and Relationship Education Policy
- To ensure the policy is followed
- To liaise with the Governors on the teaching in school
- To liaise with parents
- To ensure the policy is reviewed bi-annually
- To respond to individual problems experienced by children, enlisting external agency support if appropriate

### **PSHE Co-ordinator**

- To disseminate information to staff
- To monitor the teaching and assessment of SRE
- To ensure there are adequate resources for the teaching of SRE

### **Class Teacher**

- To prepare long and short-term plans to include Sex and Relationship Education in the Curriculum
- To respond to the individual needs of children

### **School Health Advisor**

- To give support throughout the school, when appropriate

### **The Special Needs Co-ordinator**

- To assist in the development of the school's policy concerning the welfare and educational needs of all children at the school
- To take advice from all appropriate sources and, where necessary, adapt the policy to meet each individual child's needs

## **7. How SRE is organised, when it is taught and who teaches it?**

A curriculum map shows how SRE is taught throughout the school.

### **Who will teach it?**

All teaching staff (class teachers) will teach sex and relationship education as part of the Science and the PSHE curriculum.

### **Methodology and Approach**

From Nursery to Year 4, the subject will be taught in a cross-curricular way, encompassing all the elements within Personal, Social and Health Education topics, as well as expanding on human relationships. Years 5 & 6 teach Sexual Education in formal lessons as part of the PSHE Curriculum. Active approaches, group work and discussion are used as these encourage learning and are enjoyable for pupils. Lessons have specific learning outcomes. When planning lessons, teachers should consider appropriate grouping in respect of pupil experience and needs. Pupils are taught in mixed-gender classes. In Years 5 & 6, the

children are also given the opportunity for open discussion with a teacher of the same sex as them.

## **8. The content of the Sex and Relationship Education Programme**

The content needs to include:

- knowledge
- discussion of morals and values
- practising skills

Sex and relationship education is delivered within the Science Curriculum and the four broad themes within PSHE

1. increasing confidence and responsibility and making the most of pupil's abilities
2. Preparing to play an active role as citizens
3. Embracing a healthier lifestyle
4. Developing good relationships and respecting differences between people

Through sex and relationship education, the children should:

- Develop confidence in talking, listening and thinking about feelings and relationships
- Be able to name parts of the body
- Be able to protect themselves and ask for help and support

Within the Science Curriculum, the children should:

### **Key Stage 1:**

- Know that all creatures, including humans, move, feed, grow, use their senses and reproduce
- Recognise the main external parts of their bodies
- Know that humans and animals can produce offspring of their own type, which grow into adults
- Recognise the similarities and differences between themselves and others, and treat others with sensitivity

### **Key Stage 2**

- that the life processes common to humans and other animals include nutrition, growth and reproduction.
- about the main stages of the human life cycle

The sex education programme is tailored to the age and the physical and emotional maturity of the children. Both boys and girls know about puberty and how a baby is born. All children need to know about puberty *before* they experience the onset of physical changes. The transition year before moving to secondary school should support pupils' ongoing emotional and physical development.

Durdan's Park Primary School has clear parameters on what children will be taught before moving to secondary school. These include:

- changes in the body related to puberty such as periods and voice breaking
- when these changes are likely to happen and what issues may cause young people anxiety and how they can deal with these
- how a baby is conceived and born.

## **9. Resources and Criteria Used for their Selection**

The resources used are annually reviewed to ensure that they are age, gender and culturally appropriate, and that special needs of pupils are accommodated.

The Sex Education Co-ordinator in consultation with teachers chooses all resources. Advice is taken from appropriate sources. Parents' comments are taken into consideration.

Years 5 and 6 Channel 4 dvd's

Folens: Citizenship and personal, social and health Education Books 1 - 4

## **10. Equal Opportunities**

In support of the Equal Opportunities Policy, all pupils at Durdan's Park Primary School, regardless of age, ability, gender or race, have the same opportunity to benefit from the sex education resources and teaching methods.

## **11. How the programme is monitored and reviewed.**

Topics are reviewed each term through long-term plans. Staff and Governors review the Sex and Relationship Education Policy bi-annually. The PSHE co-ordinator monitors SRE through scrutiny of planning.

## **12. Dealing with Sensitive Issues**

SRE needs to be taught in an atmosphere where questions can be asked and answered without embarrassment and trust and confidentiality are ensured.

Governors and teachers are in agreement that teachers should answer all children's questions relating to sex and relationship education in an open and factual way, taking into consideration the family background, culture, religious beliefs, and pupil's differing experiences. Sexually transmitted diseases, homosexuality, contraception and termination of pregnancy will not be formally taught but the Governors expect teachers to use their professional judgement and discretion when faced with, or answering, questions related to these or other sensitive issues.

## **13. Teaching Strategies that can help with Sexual and Relationship Education**

1. establish clear ground rules with pupils
  - no one will have to answer a personal question
  - no one will be forced to take part in a discussion
  - only the correct names for body parts will be used
  - meanings of words will be explained in a sensible and factual way
2. distancing technique
  - always depersonalise discussion
  - use appropriate videos
3. dealing with questions
  - Use a question box so the teacher has time to prepare answers and seek support from other members of staff

## **14. A Confidentiality Statement in line with Child Protection. And how pupils are made aware of this.**

Teachers conduct sex education lessons in a sensitive manner, and in confidence. However, if a child makes a reference to being involved (or being likely to be involved) in sexual activity, then the teacher will take the reference seriously, and deal with it as a matter of child protection. Teachers will respond in a similar way if a child indicates that they may have been

a victim of abuse. They will not try to investigate, but will immediately inform the Head Teacher, who is the named person for child protection issues, about their concerns. The head teacher will then deal with the matter in consultation with health care professionals (see also our policy on Child Protection)

Pupils are made aware of this when ground rules are set at the start of the SRE lessons.

#### **15. How staff are trained.**

Staff receive training on SRE in year group meetings and through peer observation, shadowing and team teaching.

#### **16. Procedures for the Involvement of Health Professionals and Visitors.**

Visiting Health Professionals are involved in the implementation of the Sex Education policy only after detailed consultation concerning lesson content and method of teaching. The class teacher remains in the lesson throughout. The visitor is made aware of school policies relevant to their visit.

#### **17. Working with Parents**

Durdan's Park Primary School seeks to work in partnership with parents through consultation and support. Parents are vital in teaching children about sex and relationships, maintaining the culture and ethos of the family, helping children to cope with the emotional and physical aspects of changes to their bodies and personalities.

The school provides support to parents in helping children learn the accepted names of the body, talking with the children about their feelings and relationships, and answering questions about growing up, having babies and relationships.

The policy is available in school for all parents to inspect and details of the policy will be published in the School Prospectus when it is printed, so that parents of potential pupils are fully aware of the school's policy in this matter.

#### **18. How parents are consulted and supported with resources and information for talking to their children about SRE.**

Parents of children in years 5 & 6 are invited to an annual meeting to outline the SRE policy, the taught programme and discuss the issues which arise.

#### **19. Parents who wish to withdraw their children.**

Parents have the right to withdraw their children from all or part of the Sex and relationship education at Durdan's Park Primary School. Parents should be aware that children cannot be withdrawn from those parts included in the statutory National Curriculum Science lessons. In the event of a child being withdrawn from a lesson the child will be provided with appropriate, challenging work until the sex education lesson is over.

Parents will be offered support to avoid this or alternatively given guidance to assist parents to teach their own children.

#### **20. Complaints Procedure**

If a parent or guardian has any cause for concern about the Sex Education Policy, they should approach the Head Teacher and staff. If the concern cannot be resolved, the Governors can be contacted.

## **21. Dissemination of the Policy**

The policy is presented to all staff and a copy made available to them. The Head Teacher has a copy of the policy available to parents who request to see it.