



**Uffculme Primary School**

# **Sex and Relationships Policy**

Approved by The Local Governing Body on: 23.11.17

Next review date: November 2022

## Sex and Relationship Education Policy

This policy takes full account of the school's legal obligations and the latest DfES guidance 'Sex and Relationships Education Guidance' (DfES 2000).

### What is sex and relationship education?

Uffculme Primary School promotes health in its widest sense; attending to the physical, social, moral and emotional development of its pupils and the maintenance of good health for all pupils and its staff. It is about understanding the importance of family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health.

Sex and Relationship education will be taught as an integral part of the personal, social, health education (PSHE) and Science curriculum. It is aimed at teaching the children to respect themselves and others and prepare for adolescence and adulthood.

It has three main elements.

#### 1. *Attitudes and values*

- Learning the importance of values, conscience and morals.
- Learning the value of family life and stable and loving relationships for the nurture of children.
- Learning the value of respect, love and care.

#### 2. *Personal and Social skills*

- Learning to manage emotions and relationships confidently and sensitively.
- Developing self-respect and empathy for others.
- Learning to make wise choices.
- Managing conflict.

#### 3. *Knowledge and understanding*

- Learning and understanding physical development at appropriate stages.
- Understanding human sexuality, reproduction, emotions and relationships.
- In Year 6 only, learning about contraception and the range of local and national sexual health advice and support services.

### Aims:

- To provide a secure, sensitive and caring framework where learning and discussion can take place
- To provide information which is easy to understand, relevant and appropriate for the needs, age and maturity of the pupils
- Encourage the use of correct vocabulary
- To foster self-worth and awareness, together with a sense of moral responsibility

- To help children to acquire and practise important life skills such as critical thinking, decision making, communication and assertiveness
- To ensure that sex education is available to all children regardless of gender, ability, cultural or religious background in line with the school's policy on equal opportunities.

### **How is sex and relationship education provided?**

Sex and relationship education is taught through the Personal Social Health Education and Citizenship framework, together with the requirements of the National Curriculum for Science. Class teachers and School Health professionals (e.g. the school nurse) will teach the different aspects to the pupils. The teaching methods will take into account the developmental differences and ages of the children.

### **What does it cover?**

In the lower primary years, education about relationships will;

- Focus on developing confidence in talking, listening and thinking about feelings and relationships.
- Allow children to talk about special people; friends and friendships.
- Ensure children can protect themselves and ask for help and support.
- Ensure that children are able to use the correct anatomical names when naming part of the body and describe how their bodies work.
- To recognise that humans develop at different rates
- That humans and animals can produce offspring and these grow into adults
- To recognise the similarities between themselves and other and treat others with sensitivity

In Years Five and Six it should become more specific to include;

- Puberty, periods and voice breaking.
- When these changes are likely to happen and what issues may cause people anxiety and how they can deal with these.
- How a baby is conceived and born.

We liaise with Virgin Health Care about suitable teaching materials to use with our children in these lessons. Ground rules that are established to help create a safe environment are;-

- No one (teacher or pupil) 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.

The teaching staff treat questions that the children may wish to ask with sensitivity – a question box is available during these sessions where the children can 'post' questions that

will be responded to individually. Children's questions will be answered appropriately and honestly, however some issues brought up may be inappropriate and they will not be answered, but it will be suggested that they are discussed within the family unit.

Two books are available for the children to look at independently from these sessions called '*What's happening to me?*' by Usborne'. These are also available if parents would like to view the content that is being directed at their children.

### **Special Educational Needs**

All children including those with Special Educational Needs and learning difficulties will be properly included in sex and relationship education at our school. This may require the teacher to plan work in a differentiated way to meet the needs of each individual pupil.

### **Child Sexual Exploitation**

Children throughout the school are taught particular strategies to help them avoid Child Sexual Exploitation as they grow up. Children from Years 1-6 are taught about not keeping secrets, what a healthy and kind relationship is, understanding the idea of 'power' in relationships, understanding their self-worth, knowing they have the choice to say yes or no, understanding which parts of their body are private and what is appropriate and inappropriate touch. These objectives are covered in PSHE lessons and are not a specific part of the Sex and Relationships units taught to Years 5 and 6. However, teachers are aware of the issues surrounding Child Sexual Exploitation and will be sensitive around this subject. If, during any discussions during Sex and Relationships teaching, concerns arise about a child in a potentially vulnerable or dangerous situation, the teacher will consult the Designated Safeguarding Officer.

### **Parents right to withdraw their children**

Parents have the right to withdraw their children from part or all of the sex and relationship education programme, except for those parts included in the statutory National Curriculum. Parents will be notified prior to specific sessions taking place. The DfE (Department for Education) is able to offer schools a standard pack of information for parents who withdraw their children from sex and relationship education. During the summer term provision is made for parents of both Year 5 and Year 6 children to view and discuss the different materials used with their children in connection with the Sex and Relationship Education programme.

We believe that sex education should happen in partnership with parents. As with other areas of our school, a positive effort will be made to inform and involve parents at all stages of the sex education scheme of work delivered in school.

### **Monitoring and evaluation**

The monitoring and evaluation of this policy will be carried out as part of the role of the PSHE co-ordinator.

## **Who reviews the policy?**

This policy will be reviewed annually by the subject leader and every five years by the Local Governing Body in line with the school's policy review programme. The subject leader is responsible for reporting to the governors' curriculum committee about the quality of its implementation and its impact on standards. In the light of this, policy amendments may be made.

Staff, governors and parents will be invited regularly to review this policy, to ask questions and to view the material that will be used in Years Five and Six.