

**CUDDINGTON AND DINTON CHURCH OF ENGLAND SCHOOL
POLICIES AND PROCEDURES**

Sex and Relationship Policy



Date Reviewed

March 2016

**Date for next review by
Governing Body**

March 2019

Sex and Relationship Education Guidance (DfEE 0116/2000)

Sex and relationship education is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of loving and caring relationships. It is about the teaching of sex, sexuality and sexual health.

Research demonstrates that good, comprehensive sex and relationship education does not make young people more likely to become sexually active at a younger age.

Moral and Values Framework

Sex and relationship education will reflect the values of the PSHE and Citizenship programme. SRE will be taught in the context of relationships.

In addition SRE will promote self esteem and emotional health and well being 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.

Aims and Objectives for Sex and Relationship Education

The aim of SRE is to provide children with age appropriate information, to explore attitudes and values and develop skills in order to empower them to make positive decisions about their health related behaviour.

This should take place with consideration of the qualities of relationships within families.

The objectives of Sex and Relationship Education are;

- To provide the knowledge and information to which all pupils are entitled
- To clarify/reinforce existing knowledge
- To raise pupils' self esteem and confidence, especially in their relationships with others;
- To help pupils understand their sexual feelings and behaviour, so they can lead fulfilling and enjoyable lives;
- To help pupils' develop skills (language, decision making, choice, assertiveness) and make the most of their abilities.
- To provide the confidence to be participating members of society and to value themselves and others;
- To help gain access to information and support
- To develop skills for a healthier safer lifestyle
- 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

The teaching programme for Sex and Relationship Education

- Every child is entitled to receive SRE regardless of ethnicity, gender, religion, age, culture, disability, sexuality, language special needs, disadvantaged and looked after children.
- 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.

National Curriculum Science

Year 1& 2

- Describe and compare the structure of a variety of common animals
- Identify, name, draw and label the basic parts of a human body

Year 3 & 4

- Identify that animals including humans need the right types and amounts of nutrition
- Living things can be grouped in a variety of ways

Year 5 & 6

- Life cycles of a mammal
- Life process of reproduction in animals (growth and development of humans puberty and gestation period)
- Impact of diet , exercise, drugs and lifestyle on their bodies

The organisation of Sex and Relationship Education

Sex and relationship education is delivered through science, RE, PSHE, Citizenship, literacy activities, circle time. Sex and relationship education is taught by classroom teachers, teaching assistants and if appropriate, outside visitors such as the school nurse.

A range of teaching methods which involve children's full participation are used to teach sex and relationship education. These include use of video, discussion, looking at case studies, drama and role play.

Sex and relationship education is usually delivered in mixed gender groups however; there may be occasions where single gender groups are more appropriate and relevant.

Resources to teach sex and relationship education include fiction, reference books, leaflets and extracts from videos.

Channel 4 Living and Growing video Unit 1, 2 & 3 plus work books.

Unit 1 5-7yrs Differences / How did I get Here? / Growing up

Unit 2 7-9 yrs Changes / How babies are made / How babies are born

Unit 3 9-11yrs Girl talk / Boy talk / Let's talk about sex

Sex and relationship education is monitored and evaluated by the subject leader as part of the school's development plan. As a result of this process changes will be made to the sex and relationship education programmes as appropriate.

The school will follow the programme of study as outlined below

Where classes are working in partnership (yr 1&2, yr 2&3 and yr 5&6) some of the content may be taught together, or through the cross curricular topic approach. By the end of the two year cycle, in which non-core subject are taught, all children will have covered all aspects of the SRE curriculum relevant to their age range. E-safety will be discussed on a yearly basis to all pupils either through Collective Worship, Computing or visiting speaker.

Foundation

Children learn about the 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.

Feelings	Begin to develop an awareness of their own needs, views and feelings and those of people around them To begin to develop a positive self-image.
Belonging	Recognise similarities/differences between themselves and others Share family experiences (e.g. birthdays)
Friendship	To appreciate the need to share and listen in order to get along with others around you
Growing Up	Recognise that human babies grow into children and adults That animals, including humans, feed, grow, use senses and reproduce To dress independently
Safety	To begin to accept understand the need for personal hygiene – to be independent in personal hygiene To begin to be aware of personal safety – good and bad touches To recognise different ways of staying safe To recognise right and wrong

Key Stage 1

Through work in science children learn about life cycles of some animals, understand the idea of growing from young to old and learn that all living things reproduce. They learn about the importance of personal hygiene to maintain good health. In RE and Citizenship children reflect on family relationships, different family groups and friendship. They learn about rituals and traditions associated with birth, marriage and death and talk about the emotions involved.

They co-operate with others in work and play and begin to recognise the range of human emotions and ways to deal with them.

They also learn about personal safety.

Year 1

Feelings	Recognising, naming and expressing emotions Understanding and dealing with these emotions Recognising our strengths and qualities (develop a positive self-image)
-----------------	--

Belonging	<p>Belonging to different groups</p> <p>Myself and others</p> <p>Our families (family experiences e.g. birthdays)</p>
Friendship	<p>What makes a good friend?</p> <p>Getting on and falling out</p> <p>Understand that friendships can change</p>
Growing Up	<p>Naming external body parts</p> <p>Simple stages of development</p> <p>Understanding the needs of animals (babies) e.g. nutrition</p> <p>Similarities and differences</p> <p>To appreciate the need for personal hygiene.</p>
Safety	<p>Peer pressure- it is ok to be different</p> <p>Choices</p> <p>Bullying</p> <p>Asking for help</p> <p>When to tell a secret</p>

Year 2

Feelings	<p>Managing feelings.</p> <p>Making simple/complex choices.</p>
Belonging	<p>Recognising different types of groups and families.</p> <p>Everybody needs caring for.</p> <p>Challenge stereotypes.</p>
Friendship	<p>Similarities and differences between people</p>
Growing Up	<p>Correct names for external body parts</p> <p>Know that animals, including humans, produce (life cycles)</p> <p>Differences: boys and girls, male and female</p> <p>Understanding hygiene, looking after the body.</p>
Safety	<p>Ways of keeping safe (people, rules)</p> <p>Recognising potential risks.</p>

Key Stage 2

In science children build on their knowledge of life cycles and learn about the basic biology of human reproduction including birth of a baby in years 5 & 6.

Children are taught about the physical, emotional and social changes at puberty, which include personal hygiene. In RE and Citizenship, they 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.

Sex and relationship education should focus on the development of skills and attitudes not just the acquisition of knowledge.

Year 3

Feelings	<p>Recognising different feelings</p> <p>Responding to a range of emotions</p> <p>Empathise with a range of feelings</p>
Belonging	<p>Understand what families are for</p> <p>Expressing love within families</p> <p>(understand the meaning of like and love)</p>
Friendship	<p>Qualities in a relationship</p>
Growing Up	<p>Understand the range of human variation at birth</p> <p>Changes in the human life cycle</p> <p>Similarities and differences (between males and females)</p> <p>Know the names of body parts</p> <p>Personal hygiene</p>
Safety	<p>Recognise risks in different situations</p> <p>Being responsible</p> <p>Understand others points of view</p> <p>Learn how to respect other people's bodies</p> <p>Recognise the presence of unwanted physical contact and know ways of resisting it</p>

Year 4

Feelings	Recognising their own and other's feelings Thinking, feeling, doing Changing relationships
Belonging	Family differences
Friendship	Understand how their actions affect others Listening to the views of others Dealing with conflict in friendships Recognising their actions have consequences Dealing with friendship problems
Growing Up	Understanding how adulthood brings changes to lifestyles Everyone is special, everyone is different Know the names of body parts, including sexual parts Body changes and reproduction Puberty
Safety	Recognising unwanted influence and pressure Decision making Saying no Feeling able to ask questions

Year 5

Feelings	Understanding they can control their behaviour To understand that their words and actions affect others Seeing things from other's points of view
Belonging	Family qualities Parenting – appreciate skills necessary for parenting
Friendship	Qualities of a good friend Coping with peer pressure

Growing Up	<p>Knowing how bodies change at puberty</p> <p>Understand the facts about menstruation</p> <p>Accepting responsibility for their personal hygiene</p> <p>Male and female sex organs</p> <p>Understand the physical and emotional changes at puberty</p> <p>Understanding the process of conception</p>
Safety	<p>Understanding risks and making judgements</p> <p>To begin to appreciate where people can get help</p>

Year 6

Feelings	<p>Beginning to understand body language</p> <p>Distinguishing between attraction and love</p> <p>Understanding we sometimes have feelings that we cannot explain</p> <p>To recognise the importance of valuing self as well as others</p> <p>To begin to understand what makes them feel happy and positive</p>
Belonging	<p>Conflict with parents</p> <p>Marriage – why get married?</p> <p>Understand that there are different ways of loving and the importance of love in a relationship</p> <p>To appreciate that people need to live and work together and discuss how to make this easier</p>
Friendship	<p>Responsibilities towards friends (loyalty)</p> <p>Understanding similarities/ differences of opinion</p> <p>Bullying (e.g. homophobic bullying)</p>
Growing Up	<p>Understand body changes from child to adult</p> <p>Understand child birth</p> <p>Responsibility of having a baby</p> <p>Accepting responsibility for their personal hygiene</p>

Safety	<p>Understanding the law</p> <p>Recognise risky situations and discuss how to deal with these situations (decision making)</p> <p>Understanding gender roles (stereotypes)</p> <p>To begin to understand that human sexuality can be expressed in different ways</p> <p>The role of the media</p> <p>To know a little about HIV and AIDS</p> <p>To accept and understand the need for personal hygiene</p>
---------------	---

Specific Issues

Parental consultation

Parents will be informed of the content of our SRE scheme of work via this policy. The school will inform parents when aspects of the sex and relationship programme are taught in year 5 & 6 and provide opportunities for parents 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 would be set.

However this is not encouraged as, by working in partnership with parents, they should recognise the importance of this aspect of their child's 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 who is the Designated Child Protection person in line with the LEA procedures for child protection.

A member of staff cannot promise confidentiality if concerns exist.

Links with other policies

This policy is linked with the following policies:- Equal Opportunities, Child Protection Confidentiality , Behaviour , Anti Bullying.

These policies can be requested from the school office and can be found on the school's website

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, provision would be made to meet the individual child's needs.

Use of visitors

Visitors should complement but never substitute or replace planned provision. It is the PSHE co-ordinator's and teacher's responsibility to plan the curriculum and lessons. (Sex and Relationship Guidance DfEE 0116/2000 P 29 6.11)

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

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.

Monitoring and Evaluation

Monitoring is the responsibility of the head teacher, curriculum admissions governors committee and the teacher with responsibility for sex and relationship education.

The school will assess the effectiveness of the aims, content and methods in promoting students' learning by lesson observation, sampling teachers planning, questionnaires to teachers and children and feedback from parents.

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