



# Sex and Relationship Education Policy

## Equal Opportunities

At Bells Farm we will continuously strive to ensure that everyone in our school is treated with respect and dignity. Each person in our school will be given fair and equal opportunity to develop their full potential with positive regard to gender, ethnicity, cultural and religious background, sexuality or disability.

## Safeguarding

The welfare and safety of children who attend our school is our paramount concern. We will promote the health, well-being and safety of the pupils in all we do. We recognise that our children have the right to protection, regardless of age, gender, race, culture or disability. We understand our responsibilities set out under section 175 of the 2002 Education Act and the latest version of the Statutory DfE Guidance 'Keeping Children Safe in Education' to work together in partnership with other agencies to help children to grow up in a healthy and safe environment.

## Rationale

The school curriculum aims to promote pupils' self-esteem and emotional wellbeing, helping them to form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others, at home, at school, at work and in the community.

NHS Data (Heart of Birmingham Teaching Primary Care Trust 2009) indicates that teenage conceptions for the Ward are in the low range, whilst termination of pregnancy is high. Sexually transmitted infections fall in the average to low range. The Policy has been developed with due regard to national and local health targets.

- Reducing teenage pregnancies
- Delaying early sexual activity
- Reducing sexually transmitted infections.

Our children are mainly of white British origin, but there are children from a range of ethnic backgrounds.

The above data has been taken into consideration when writing this policy and will be a factor in deciding the specific content for the PSHE curriculum for our school.



## **Sex and relationship education (SRE)**

SRE is a legal requirement. The school will teach sex and relationship education from Reception onwards. There will be a focus on puberty in Year 5, term 2 through the Science and PSHE scheme around the theme of change. In Year 6 there will be a further focus on sex and relationships.

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

Sex and Relationship Education (SRE) is a key aspect of Personal, Social and Health Education (PSHE) in primary schools. It is a lifelong learning about physical, moral and emotional development. It is about the understanding and importance of stable and loving relationships for family life, respect, love and care. It is also about the teaching of sex, sexuality and sexual health. It is not about the promotion of sexual orientation or sexual activity.

At Bells Farm sex and relationship education is generally taught under the PSHE headings 'Healthy lives', 'Talk it through' and 'Growing up'.

Areas of SRE may also be covered through SEAL and Values Education lessons, together with cross curricular and whole school teaching.

At primary school SRE should contribute to the foundation of PSHE and Citizenship by ensuring that all children:

- Develop confidence in talking, listening and thinking about feelings and relationships
- Are able to name parts of the body and describe how their bodies work
- Can protect themselves and ask for support and help
- Are prepared for puberty (DfEE, 2000).

### **Aims:**

- To provide clear guidance for parents, staff and governors.
- For pupils to develop an understanding that SRE is a gradual developmental process that is supported by a partnership between home and school.
- In primary school we will provide a foundation for further work at secondary school.
- To help young people to respect themselves and others.
- To support pupils through their physical, emotional and moral development.
- To develop skills and understanding to enable pupils to make healthy, responsible choices about their health and well-being.
- To help pupils understand the significance of marriage and stable relationships and its importance for family life.



- To help pupils move more confidently and responsibly into adolescence.
- To address issues of media influence e.g. TV, mobile phone messages, videos, computer games, advertising.
- To address issues of bullying and anti-racist issues.

We endeavour at all times to ensure that there is no stigmatisation of children based on their home circumstances. Age appropriate themes will be used at all times.

### **Moral and Values Framework:**

The SRE programme will reflect the school philosophy and ethos to encourage the following values:

- Respect for self
- Respect for others
- Responsibility for own actions
- Responsibility for family, friends, school and the community

### **Content:**

Preparing children for puberty

Research with children shows that they are often very concerned about the changes they are experiencing or approaching. It also shows that children cannot always rely on parents or carers to prepare them for puberty. At Bells Farm we will prepare pupils for puberty by:

- Giving them accurate information about physical and emotional changes that take place at puberty. This will be taught during Year 5 term 2 and 3. The aim of the topics about 'Healthy lives' and 'Talk it Through' will be to ensure that pupils have a basic knowledge of what happens to each gender during puberty. It will also include discussion of Female Genital Mutilation (FGM). In Year 6 pupils will be taught about reproduction and sexuality through the topic 'Growing up and moving on'.
- Girls will be taught how to cope with menstruation and about the practicalities of dealing with the changes to their bodies. This will include, providing sanitary disposal facilities in the KS2 Girls toilets and for all girls to know where in school they can go to obtain emergency supplies.

### **Parent withdrawal:**



Parents have the right to withdraw their child from those elements of the SRE programme that do not form part of the National Curriculum. Parents will always be contacted by letter to obtain their consent for the teaching of SRE to their children.

If parents/carers have any questions or concerns regarding the SRE programme could they please discuss these with the class teacher or PSHE Co-ordinator, Mrs Knipe.

The Science aspects of the National Curriculum, sets out the sex education elements which school must provide for all pupils. This covers the biological aspects of sex education. However, it is widely recognised that sex education should be more than solely science if it to meet the children's needs. This policy, together with the science Policy, identifies opportunities for SRE to be incorporated into schemes of work. Themes covered at Bells Farm are:

#### Key Stage 1

Key Concepts and ideas:

- Recognise and compare the main external parts of the human body
- Recognise similarities between themselves and others
- Identify and share their feelings with others
- Recognise and identify safe and unsafe situations
- Identify and be able to talk to someone they trust
- Be aware that their feelings and actions have an impact on others
- Use simple rules for dealing with strangers and for resisting pressure when they feel uncomfortable or at risk.

Pupils will learn:

- That animals including humans grow and reproduce
- That humans and animals can produce offspring and these grow into adults
- The basic rules for keeping themselves safe and healthy
- About safe places to play and safe people to be with
- Ways in which they are alike and different from others
- That they have some control over their bodies and actions
- Why families are special for caring and sharing

#### Key Stage 2

Key Concepts and ideas:



- Express opinions
- Listen to and support others
- Respect other people's view points and beliefs
- Recognise their changing emotions with friends and family and be able to express their feelings positively
- Identify adults they can trust and whom they can ask for help
- Be confident in a wide range of situations such as seeking new friends
- Recognise their own worth and the positive things about themselves
- Balance the stresses in life in order to promote both their own mental health and wellbeing and that of others
- See things from other people's point of view
- Discuss moral issues
- Listen and support friends and manage friendship problems
- Recognise and challenge stereotypes for example in relation to gender
- Recognise the pressure of unwanted physical contact and know ways of resisting it

Pupils will learn:

- That life processes common to humans and other animals include growth and reproduction.
- About the main stages of the human life cycle.
- About the physical changes that take place during puberty
- The many relationships in which they are involved
- How the media impact on forming attitudes
- About keeping themselves safe when involved with risky activities
- That their actions have consequences and be able to anticipate the results of them
- About different forms of bullying and know why it is unacceptable.

### **Monitoring and Evaluation**

The Governing Body's Pastoral Group will regularly review and update the policy in collaboration with school staff and ensure that it complies with the PSHE and



Science Policy.

The Science Co-ordinator and PSHE Co-ordinator will regularly monitor the coverage of their subjects to ensure the learning outcomes have been planned for and delivered in accordance with the SRE Policy.

This policy will be reviewed annually  
Person(s) responsible: Mrs M Knipe

Date of policy: November 2016  
Date of review: November 2017