

St Breward Primary School

Relationship, Sex and Health Education Policy **2023**



Written: July 2017

Written in accordance with the DfE guidance document 'Sex and Relationship Education Guidance (ref DfE 0116/2000)

Updated: July 2023

Approved: **July 2023**

Review Date: **July 2024** (To be reviewed in line with any new legislation)

ST BREWARD COMMUNITY PRIMARY SCHOOL

RATIONAL

Sex and relationship education should contribute to promoting the spiritual, moral, cultural, mental and physical development of pupils at school and in society and prepare pupils for the opportunities, responsibilities and experiences of adult life.

WHAT IS SEX EDUCATION?

It is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of stable and loving relationships, 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 – this would be inappropriate teaching.

AIMS

SRE in our school aims for pupils to:

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

HOW IS SRE PROVIDED?

Pupils need to be given accurate information and helped to develop skills to enable them to understand difference and respect themselves and others and for the purpose also of prevention and removing prejudice.

A planned and progressive programme of SRE gradually and appropriately begins to prepare our children for adult life. It teaches the skills they need to fully manage the natural physical and emotional changes that will happen to them as they grow and mature into healthy, confident and responsible adults.

In line with national recommendations, SRE at St Breward C P School will be delivered through PHSE and Science. St Breward C P School uses the materials developed by Christopher Winter Project which is led by both class teachers and teaching assistants.

SRE is taught in each year group, starting in Reception.

SRE at St Breward C P School should cover the following areas:

Attitudes and Values

- Learning about the values of family life and stable relationships
- Learning the value of respect, love and care
- Exploring, considering and understanding moral dilemmas
- Developing critical thinking

Personal and Social Skills

- Learning to manage emotions and relationships confidently and sensitively
- Developing self-respect and empathy for others
- Learning to make choices based on understanding of differences and with the absence of prejudice
- Providing opportunities for young people to develop the ability to understand the consequences of their decisions and actions

- To manage conflict

Knowledge and Understanding

- Information about healthier, safer lifestyles
- Physical development
- Emotions, relationships and reproduction

Pupils at St Breward C P School will also develop their sensitivity and tolerance towards others through:

- RE
- Circle Time/discussion
- PHSE

Sex and relationship education will usually be delivered in mixed gender groups. However, there may be occasions where single gender groups are more appropriate and relevant.

SRE AND SCIENCE CURRICULUM

SRE will be taught through the Science curriculum. Parents do not have the right to withdraw their child/children from these lessons.

Y2 Notice that animals, including humans, have offspring that grow into adults

Find out about and describe the basic needs of animals, including humans, for survival

Describe the importance for humans of exercise, eating the right amounts of different types of food and hygiene

Y5 Describe the changes as humans develop to old age

Draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty

Work scientifically by researching the gestation periods of other animals and comparing them with humans; by finding out and recording the length and mass of a baby as it grows

Y6 Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

CHRISTOPHER WINTER PROJECT

See document below to see the curriculum overview for the delivery of the Christopher Winter's Project.

WORKING IN PARTNERSHIP WITH PARENTS

Parents are the key people in:

- Teaching their children about sex and relationships
- Maintaining the culture and ethos of the family

- Helping their children cope with the emotional and physical aspects of growing up
- Preparing them for the challenges and responsibilities that sexual maturity brings

Parents have the right to withdraw their children from all or part of the SRE provided except for those parts included in the statutory National Curriculum.

WORKING WITH THE WIDER COMMUNITY

Elements of sex and relationship education are also provided by a range of people in the wider community including health professionals, social workers and visitors. If people other than school staff support SRE provision, they will be aware of and agree to abide to our SRE policy before any support is given.

CONFIDENTIALITY AND CHILD PROTECTION

SRE will take place in a secure and supportive environment however the children will be made aware that teachers CANNOT offer unconditional confidentiality. All staff involved in delivering and supporting SRE should be alert to the signs of abuse, neglect and exploitation. The school has a separate Child Protection Policy. Effective SRE may bring about disclosures of child protection issues and staff should be aware of procedures for reporting their concerns.

REVIEW AND MONITORING

The Sex and Relationships Education Policy is reviewed every two years. The SRE programme is monitored by the PSHE Coordinator.

EQUAL OPPORTUNITIES

The school is committed to the provision of SRE to all of its pupils. Our programme aims to respond to the diversity of children's cultures, faiths and family backgrounds.

CWP Curriculum Overview

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Reception Our lives	Lesson 1: Our Day lesson 2: Keeping Ourselves Clean lesson 3: Families
Year 1 Growing and Caring For Ourselves	lesson 1 : Keeping Clean lesson 2: Growing and Changing Lesson 3: Families and Care
Year 2 Differences	lesson 1 : Differences: Boys and Girls lesson 2: Differences: Male and Female lesson 3: Naming the Body Parts
Year 3 Valuing Difference and Keeping Safe	lesson 1 Differences: Male and female lesson 2: Personal Space lesson 3 family Differences
Year 4 Growing Up	lesson 1: Growing and Changing lesson 2: What is Puberty? lesson 3: Puberty Changes and Reproduction
Year 5 Puberty	lesson 1 : Talking about Puberty lesson 2: Male and female Changes lesson 3: Puberty and Hygiene
Year 6 Puberty, Relationships and Reproduction	lesson 1: Puberty and Reproduction lesson 2: Understanding Relationships lesson 3: Conception and Pregnancy lesson 4: Communication in Relationships