

King's Cliffe Endowed School



Sex & Relationships

July 2018

REVIEW DATE - JULY 2019




Kings Cliffe Endowed Primary School

Sex and Relationships

The policy was agreed by the Governors on 2nd July 2018 and will be reviewed biannually.

Signed:  Chair of Governors

Date: 2nd July 2018

Signed:  Head Teacher

Date: 2nd July 2018

Effective sex and relationship education is essential if young people are to make responsible and well informed decisions about their lives. The objective for sex and relationship education is to help and support young people through their physical, emotional and moral development. It is our aim to help our pupils to learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.

King's Cliffe Endowed Primary School offers a sex and relationship education programme that is tailored to the age and the physical and emotional maturity of the children. The programme will not be delivered in isolation but will be encompassed within Key Stages 1 and 2 of the National Science Curriculum and also the PSHE & Citizenship framework. This will take the form of answering questions appropriately to younger children, a study of changes of the human life cycle e.g. growing older, puberty, how a baby is born, culminating in a formal programme of instruction for years 5 and 6.

RATIONALE

The Governors believe that sex and relationship education is important because:

- if children are not provided with correct information they will invent their own answers or become confused;
- sex and relationship education plays a part in correcting any misinformation young children pick up;
- parents generally want schools to provide sex and relationship education for their children;
- children do need a well planned programme of relationship education to focus upon



- friendship, bullying and the building of self-esteem;
- sex and relationship education can help protect children from exploitation and sexual abuse;
- all children need to know about puberty before they experience the onset of physical changes;
- individuals should be in charge of and responsible for their own bodies;
- research shows that sex and relationship education delays sexual activity.

AIMS

- to provide an understanding that positive, caring environments are essential for the development of a good self-esteem and that individuals are in charge of and responsible for their own bodies.
- to help pupils to develop skills to understand difference and respect themselves and others.
- to help pupils to develop skills for the purpose of preventing and removing prejudice.
- to provide accurate information about the process of reproduction and the nature of sexuality in the context of a caring, loving family.
- to encourage the acquisition of skills and attitudes that allow pupils to manage their relationships in a responsible and healthy manner.
- to prepare the children for the opportunities, responsibilities and experiences of adult life.
- to promote the spiritual, moral, cultural, mental and physical development of children at the school.

MANAGEMENT ISSUES

The sex and relationship education programme at King's Cliffe Endowed Primary School will provide information that is accurate, easy to understand, relevant and appropriate to the age and maturity of the child. Teachers will use their professional judgment in deciding how to respond to children's questions. At all times correct terminology shall be used. Teaching methods will take account of the age, maturity and physical development of the children and in some cases discussion on a one-to-one basis or in small groups may be preferable to whole class teaching. Staff will receive training in the teaching of sex and relationship education via attendance at courses and/or through our School Nurse.

Sex and relationship education is taught from Years R – 6 as outlined in the PSHE & Citizenship overview complementing National Curriculum Science AT2.

In the transition years before the move to secondary school, pupils will follow a detailed programme written in consultation with the school nurse. This programme will support the children's on-going emotional and physical development and will cover:

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

Years 5 and 6 parents will be invited to view the materials that will be used. Year 5 and 6 teachers and School Nurse will teach the programme. Governors acknowledge the right of parents to withdraw their children from all or part of the sex and relationship education provided at the school except for those parts included in the statutory National Curriculum (see appendix). In the case of a child being withdrawn, the school will make alternative arrangements for that child. Parents who withdraw their children will be given a pack of information from the DfEE.

CONFIDENTIALITY

The school will ensure that pupils and parents are aware of the policy for confidentiality. Pupils will be told:

- that their best interests will be maintained;



- to talk to their parents or carers and give them support to do so;
- that teachers cannot offer unconditional confidentiality;
- that if confidentiality has to be broken, they will be informed first and then supported as appropriate;
- of sources of confidential help; and
- of the need for the use of ground rules in lessons.

If through discussion or disclosure there is any possibility of abuse, staff will follow the school's child protection procedures.

MONITORING AND EVALUATION

Feedback from parents, teachers and children will be taken into account when this policy is reviewed.

The programme's success will be judged by the following criteria:

- Well-informed children, who leave King's Cliffe Endowed Primary School with a healthy, mature attitude to sex and relationship education.
- 100% parental consent to include their child in the sex and relationship education programme.
- Approval of relevant advisors as to the content of the programme.

Notes outlining Sex and Relationship Education content across the school

Foundation

We all grow and change.
Animals including humans grow and reproduce.
Adults produce offspring.
Needs of babies

Year One

Babies change as they grow.
Needs of babies compared to the needs of young child.
Know feelings and actions have impact on others.
Learn what to do to help a new child; how to make friends

Year Two

Animals including humans grow and reproduce.
Similarities and differences between children
Recognise and compare main external parts of the bodies of humans.
Know proper vocabulary for parts of the body – penis, vagina, male and female sex parts.
Importance of privacy and keeping safe in different situations
Simple rules for dealing with strangers, for resisting pressure
Know to talk to someone they can trust.
Importance of families
Similarities and differences
Learn about one another.

Year Three

Human life cycle
Know differences between male and female.
Know body parts
Understand when it is ok to be undressed/dressed
Inevitable body changes



Year Four

Revisit body parts

Puberty vocabulary used – breasts, sperm, testicles, eggs, ovaries, periods, menstruation.

How I got here. Discuss adults' silly explanations of life cycle.

Pregnancy and birth. Understanding.

Family likenesses. Family Trees. Inherited features.

Trust/loyalty/love in relationships. Moral questions.

Understand life processes common to humans.

How physical changes happen and how they are managed. Link to KS1

Compare baby to child.

Year Five / Six

Physical/emotional differences between age groups.

Know why being different can provoke conflict and why this is unacceptable.

What does being friends mean to you. Elaborate.

What makes people like one another.

How babies are born.

Fertilisation – sperm / egg – special mix of mum and dad

Relationships – families. Understand need for love and trust.

A good friend is....Revisit

Actions have consequences

Parenthood. A baby's needs.

Recognise pressure of unwanted physical contact.

Conception. Physical/biological process.

Discuss kissing. When/where appropriate.

Biological conditions, stable relationships, being mature emotionally.

Pregnancy, life processes. Vocabulary – embryo / foetus

Revisit birth of a baby

Girl talk – puberty. Qualities of good friends

Boy talk – puberty. Qualities of good friends

Year Six

Talking about sex – how it is used in the media and peer pressure.

