St Columba C of E Primary Academy

Sex and Relationships Policy

Date adopted by Governors
Spring 2013

Signed on behalf of the
Governors__________________________________________________

Date Reviewed
Spring 2016

To be Reviewed
Spring 2019
Rationale
From a very early age children are self-aware and curious, both about themselves as individuals and about their own sexuality. Children are often fascinated about how their bodies work and ask questions about themselves and the changes that take place in their bodies as they grow. Children need to know about and understand these changes in order to be prepared for adult life.

At St Columba C of E Primary Academy we believe that a positive and effective Sex and Relationship Education programme integrated into the Personal Development Learning (PDL) programme is fundamental in promoting accurate knowledge and healthy attitudes towards sexuality in later life.

We believe that parents have a key role to play in children's sex and relationship education but we also recognise that not all parents are confident about answering children's questions correctly and without embarrassment. Our policy is therefore to work in partnership with parents. We directly involve parents by encouraging them to preview and discuss sensitive units of work with the teachers who will be working with their children. Our intention is that this will enable both home and the Academy to follow a consistent approach in this important area of children's development.

We have based our Academy's sex and relationship education policy on the DfEE guidance document "Sex and Relationship Education Guidance" (ref DfEE 0116/2000). In this document, sex education is defined as: "learning about physical, moral and emotional development". It is about understanding the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health".

As a Church of England Academy, we recognise the recommendation from the General Synod Board of Education that sex education is given in the Academy within a moral, family-orientated and Christian framework. It is important that, as they grow up, children come to an understanding of their own bodies, instincts and feelings. In this way they will be prepared for the opportunities, joys and responsibilities of permanent relationships.

Sex education is part of the PDL curriculum in our Academy. Whilst we use sex education to inform children about sexual issues, we do this with regard to matters of morality and individual responsibility, and in a way that allows children to ask and explore moral questions. We do not use sex education as a means of promoting any form of sexual orientation.
Sex and Relationship education has three main elements:

**Attitude and values:**
- Learning the importance of values and moral considerations.
- Learning the value of family life, marriage and stable relationships.
- Learning the value of love, respect and care.

**Personal and social skills:**
- Learning to manage emotions and relationships confidently and sensitively.
- Developing empathy and self-respect.
- Learning to make choices without prejudice.
- Appreciating the consequences of choices made.
- Managing conflict.
- Recognising and avoiding exploitation and abuse.

**Knowledge and understanding:**
- Learning about and understanding physical development.
- Understanding human sexuality, reproduction, sexual health, emotions and relationships.

2. **Aims and Objectives of the Policy**

The staff and governors of St Columba C of E Primary Academy believe that the teaching of Sex and Relationship Education is an important aspect of life and growing up and therefore should:

- provide a safe climate in which young people can discuss and explore emotional changes, moods and feelings;
- enable young people to develop a positive body image and so enhance their self-esteem;
- reassure children of their value and self worth, including aspects of dignity, self-respect and self-restraint;
- nurture a responsible attitude towards personal relationships, such as aspects of mutual respect and care, and to develop sensitivity towards the needs of others encompassing fidelity and loyalty;
- prepare children to cope with the physical and emotional challenges of growing up;

• provide clear factual information about body changes, growing up, puberty and sex;

• foster the ability to manage relationships in a responsible and healthy manner;

• promote the value of loving relationships and of family life;

• recognise that marriage is an important, but not exclusive, context for family life;

• to provide knowledge of human reproductive processes;

• to inform children on matters of personal hygiene and related health issues;

• to encourage exploration of values and moral issues, taking into account the physical and moral risks associated with certain behaviour;

• recognise that all people are different and have individual needs;

• develop their awareness of different relationships within families, between friends and the community;

• develop their language and vocabulary used to describe body parts and articulate sexual knowledge;

• respect their own bodies as they grow into adults;

• understand the physical changes taking place in their bodies at puberty and how these impact on emotions and social behaviour;

• learn the facts about human reproduction;

• learn and understand about human development from birth to death;

• develop an awareness of personal safety.

**Teaching Methods**

Sex and Relationship Education is an integral part of the PDL programme and is taught by class teachers.

Sex and Relationship Education is developmental and will occur throughout all the years in St Columba (See Appendix 1).
Children will be taught in mixed classes, but in the Year 5 unit 'Growing Up' there will be the opportunity for single sex sessions.

Children will be given the opportunities to work individually and with others. They will be given opportunities to develop the following skills:

- questioning
- listening
- identifying emotions
- co-operation
- discussing
- talking about emotions
- decision making
- sharing
- forming and maintaining relationships
- managing emotions and practices to help maintain personal safety.

This will require the use of a wide range of teaching strategies and resources such as use of video, discussion, worksheets, and drama techniques, use of posters and leaflets and research (See Appendix 2 List of Sex and Relationship Resources).

**Answering Children's Questions**

Pupils' questions will be answered sensitively and honestly. Due consideration will be given to any particular religious or cultural factors relating to sexual issues. If it is felt inappropriate to respond to any particular question in class, it will be discussed on an individual basis either with the child or with the parents as soon as possible.

**Controversial Issues Planned**

Through the Sex and Relationship programme, controversial issues such as homosexuality, contraception, sexually transmitted diseases, HIV and AIDS, will not be covered - but will be discussed in science lessons when discussing how germs enter the body etc. However, it may be necessary, in view of the wide media coverage given to these subjects, to be ready to answer questions as they occur, using language and concepts appropriate to the age and understanding of the child.

**Involving Other Agencies**

Outside agencies where possible are invited to work alongside the teacher in the classroom. They will work within the agreed school policy.

**Consulting with Parents**

Parents of Year 5 and 6 children will be invited annually to a consultation evening which will be held prior to the programmes to be carried out. They will have opportunities to ask questions, view the materials to be used and meet anyone who will be working alongside the teacher.
Withdrawal Arrangements

Parents have the right to withdraw their children from any part of the Sex Education programme, except those parts that fall within the National Curriculum programme of study for Science. If a parent wishes to withdraw their child they are asked to first discuss their concerns with the Principal or PDL Managers. A letter will then be required specifying from which parts of the programme the child is to be withdrawn. If it is agreed the child will be withdrawn he/she will remain in school and be sent to another class for the duration of the lessons.

Confidentiality

Teachers conduct sex education lessons in a sensitive manner and in confidence. However, if a child makes a reference to being involved, or likely to be involved in sexual activity, then the teacher will take the matter seriously and deal with it as a matter of child protection. Teachers will respond in a similar way if a child indicates that they may have been a victim of abuse. In these circumstances the teacher will talk to the child as a matter of urgency following protocols laid down in the child protection policy. If the teacher has concerns, they will draw their concerns to the attention of the Designated Safeguarding Leads (Principal and Vice Principal who has responsibility for Pastoral Care and Inclusion). These colleagues will then deal with the matter in consultation with other agencies such as Social care/Health care professionals.

Reviewed: Spring 2016

Agreed by Governors: Spring 2016

Date of Next Review: Spring 2019

To read in conjunction with:

PSHCE Policy
Learning Policy
Equality Policy
Staff Development
Child Protection Policy
APPENDIX 1

From Reception to Year 4 Sex and Relationship Education is delivered through the integrated International Primary Curriculum and the PDL Programme.

Year R  Me – A Special Person growing and changing

Year 1 and 2  Caring for Myself
              Working Well Together
              Caring for Others
              My Body is Important
              Changing Friendship

Year 3 and 4  Making Friends
              Focus on Feeling
              Relationships
              Changes in families (Autumn 2)
              Ups and Downs in Relationships (Spring1)

In Year 5 the focus is on puberty and relationships- delivered as part of Growing Up IPC unit.

In Year 6 the focus is on conception, birth and relationships delivered as part of Growing Up IPC unit.
# APPENDIX 2

## SEX AND RELATIONSHIP EDUCATION RESOURCES

<table>
<thead>
<tr>
<th>Title</th>
<th>Type of Resource</th>
<th>Age Appropriate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Living &amp; Growing Unit 1, 2 and 3 (Channel 4)</td>
<td>Resource book &amp; dvd</td>
<td>KS1/2</td>
</tr>
<tr>
<td>Education for Parenthood Information</td>
<td>Booklet</td>
<td>Teacher</td>
</tr>
<tr>
<td>Life Before Birth (PCET)</td>
<td>Poster</td>
<td>KS1/2</td>
</tr>
<tr>
<td>Sex Education in Schools Hampshire County Council</td>
<td>Teacher</td>
<td></td>
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<tr>
<td>Focus on Sex Education</td>
<td>P.S.E Matters Spring 1996</td>
<td>Teacher</td>
</tr>
<tr>
<td>Aids Pack</td>
<td>Leaflets</td>
<td>Teacher</td>
</tr>
<tr>
<td>Sex Education (Folens)</td>
<td>Photocopiable Book</td>
<td>Teacher</td>
</tr>
<tr>
<td>Hair in Funny Places</td>
<td>Book</td>
<td>KS2</td>
</tr>
<tr>
<td>Lets Talk About Where Babies Come From</td>
<td>Book (2 copies Library)</td>
<td>KS2</td>
</tr>
<tr>
<td>Have You Started Yet?</td>
<td>Book</td>
<td>KS2</td>
</tr>
<tr>
<td>Guide to a Healthy Sex Life</td>
<td>Leaflet</td>
<td>KS2</td>
</tr>
<tr>
<td>A Time for Answers</td>
<td>Leaflets (6 copies)</td>
<td>KS2</td>
</tr>
<tr>
<td>Between Ourselves</td>
<td>Leaflet (3 copies)</td>
<td>KS2</td>
</tr>
<tr>
<td>Boys Talk</td>
<td>Leaflet</td>
<td>KS2</td>
</tr>
<tr>
<td>Talking About You</td>
<td>Leaflet</td>
<td>KS2</td>
</tr>
<tr>
<td>Tampon &amp; Towel Pack</td>
<td>Resource</td>
<td>KS2</td>
</tr>
<tr>
<td>Growing Up (BBC)</td>
<td>Resource Book &amp; Video</td>
<td>KS2</td>
</tr>
<tr>
<td>Girls &amp; Boys - Looking ahead to Puberty</td>
<td>Leaflets</td>
<td>KS2</td>
</tr>
<tr>
<td>Sex Education (BBC)</td>
<td>Video + booklet</td>
<td>Yr. 5/6</td>
</tr>
</tbody>
</table>