



Firm Foundations for the Future

SEX AND RELATIONSHIP EDUCATION POLICY

Aims

At Ravensworth we understand that effective sex and relationship education is essential if young people are to make responsible and well informed decisions about their lives. It is firmly rooted in the framework for Personal, Social, Health and Citizenship Education (PSHCE), teaching children that loving and stable relationships, marriage and respect for themselves and others, are the key building blocks of community and society. It is also about the teaching of sex, sexuality and sexual health. Sex and Relationship Education forms part of the National Healthy Schools Standard.

As part of the wider personal, social and health education within the school, the Governor's Sex and Relationship Education Policy aims to:

- Promote the spiritual, moral and cultural development of children, preparing them for the responsibilities and experiences of adult life
- Raise children's awareness of themselves and their relationships
- Develop a sense of self-worth, self-confidence and the skills and practices to help maintain personal safety and well being from childhood through adolescence into adulthood
- Provide them with correct information and appropriate vocabulary
- Give them a sense of security about asking questions
- Develop tolerance and an understanding that people differ
- Prepare them for the physical, emotional and social changes likely to be experienced at puberty

Sex and Relationship education has 3 main elements:

- **Attitudes and values** which emphasizes the importance of individual conscience and moral considerations, the value of family life, marriage and stable relationships for nurturing children and the need to love, respect and care for others
- **Personal and social skills** which help children manage emotions confidently and sensitively, understand the consequences of their actions and make choices based on an understanding of difference and with an absence of prejudice
- **Knowledge and understanding** of physical development at appropriate stages and how emotions and relationships are affected by this. Learning how to protect themselves and how to ask for help and support, particularly if they feel threatened by cultural pressures (e.g. Forced Marriage / FGM)

Liaison between parents and Governors at all stages is an important element of developing and reviewing our school's sex and relationship education policy

Guidelines

Sex Education will be taught by class teachers in the context of the Science and PSHCE programmes of study (specifically relating to Life Processes and Living Things and Relationships & Choices at both KS1 and KS2) with liaison and advice from the PSHCE and Science Co-ordinators and will include:

At Foundation and Key Stage 1 pupils will be taught:

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

At Key Stage 2 Sex Education will be specifically explored through the theme of Living and Growing in Class 3 for Year 4,5&6 pupils.

At Key Stage 2 pupils will be taught:

- That the life processes common to humans and other animals include growth and reproduction
- About the main stages of the human life cycle
- The names of the main external parts of the body including agreed names for sexual parts
- About the many relationships in which they are all involved
- About where individual families and groups can find help
- How the media can 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 people and the feelings of both bullies and victims
- Why being different can provoke bullying and know why this is unacceptable
- About and accept a wide range of different family arrangements, for example second marriages, fostering, extended families and three or more generations living together

As part of the Living and Growing theme for Year 5&6 pupils, we use the Bounty growing up - guide to puberty video with the informed consent of parents/carers. Parents are invited to attend a meeting at which the school nurse will explain the teaching of physical and emotional developments of puberty. They can then view all the materials and are given a summary of the session covered. We also provide a timetable indicating when the programme will be shown so they can be prepared for further discussion and questioning.

Parents/carers have the right to withdraw their child from all or part of the Sex Education programme that we teach here at Ravensworth. If a parent wishes their child to be withdrawn they should discuss this with the Headteacher and make it clear which aspects of the programme they do not wish their child to participate in.

Planning

Planning will be monitored by the Science and PSHCE Co-ordinators who will also provide support and advice to other members of staff, monitor the quality of teaching and be responsible for evaluating and reviewing the programme and provision for Sex Education across the school and reporting to governors.

Short Term Plans

Annual puberty talk/discussion with Years 5 and 6 with the school nurse and with the informed consent of parents/carers

Monitoring and Evaluating

We monitor the effectiveness of this policy by

- Observing behaviour, especially the ability of the children to deal with conflict in a non-aggressive manner as they grow older and understand the consequences of their actions
- Evaluating their ability to act responsibly when given an independent task or behave with care and respect when playing with younger children
- Discussing emotional issues and listening to responses
- A query box will be used during sessions and at the end of the programme for pupils to confidentially ask for clarification and further understanding
- Feedback through circle time and discussions will also act as indicators of attitudes and level of skill development

The nature of our monitoring means that, on very rare occasions, a teacher may be informed by a child of an issue that needs very sensitive handling and may raise child protection issues. Under these circumstances, we would follow the procedures detailed in our Child Protection Policy as the protection and safety of the children is paramount

Staff

Any staff requiring training in delivery of any aspect of this policy will be identified through individual performance review. This will then be included in the school improvement plan, appropriate training identified and undertaken.

Learning Environment

- Signs and posters (purchased and made by pupils) in classrooms and around school will display positive messages regarding relationships and the treatment of others
- Collective worship may provide a way of conveying moral aspects in line with the school's aims
- Promotional materials from organisations such as Childline will be displayed showing how to get advice and information as appropriate

Equal Opportunities

Sex Education is for all young people and both boys and girls will have equal opportunity to participate in all aspects of the programme.

SEN

Planning will identify any modifications in Sex Education for pupils with SEN, such as further differentiation or adult support. The school will ensure that pupils with SEN have full access to the learning programme as appropriate and make further provision where necessary.

Confidentiality

Teachers will 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, or that they have been a victim of sexual abuse then the teacher will take the matter seriously and deal with it in line with the school's child protection guidelines.

Resources

Bounty Growing Up – a guide to puberty video
Input from health professionals linked to the school

Policy Review

This policy was written in consultation with the Governors, headteacher, staff and parents of the children at Ravensworth School and with reference to DfES Sex and Relationship Guidance 2000. This policy will be reviewed and evaluated every two years and will take into account parents' views and the different cultures of our pupils.