

Sex and Relationship Education is firmly rooted in the framework for Personal, social, health and citizenship education and in the National Curriculum.

What is Sex and Relationship Education (SRE)?

It is lifelong learning about physical, moral and emotional development. It should enable children to understand how and why their bodies change, and enable them to cope with those changes. It will be taught within a moral framework, giving due regard to the value of family life, marriage and stable loving relationships.

It has three main elements:

1. Attitudes and values:

- Learning the value of respect, love and care

2. Personal and social skills:

- Developing confidence in talking, listening and thinking about feelings and relationships
- Learning about aspects of personal safety and where and how to ask for help and support
- Being prepared for puberty
- Developing self respect

3. Knowledge and understanding:

- Learning the correct names for parts of the body
- Being able to describe how the body works
- Knowing about the changes that will take place at puberty
- Learning about how a baby is made and born

How is SRE provided?

SRE is taught from year 2 upwards once a year in the summer term as part of an integrated week that promotes healthy living. It is taught alongside PE, Science and PSHE during our health week. We exclusively use "Sex and Relationship Education Whiteboard Active Pack" which is part of the BBC Active Whiteboard Active PSHE series.

This resource uses BBC video along with images, audio clips, discussion prompts and activities to help children understand the physical and emotional aspects of growing up and dealing with important issues like internet safety.

It is arranged around five themes: growing up, the cycle of life, feelings, family life, and friendship.

Carefully chosen contents provide children to reflect on topics in a sensitive and supported way, as well as making a difficult topic easier to teach.

Year 2 – Friendships:

- Making friends
- When friendships go wrong
- Keeping friends

Year 3 - Family life:

- Different family patterns
- Marriage and partnerships
- Celebrating events:
 - Birth
 - Marriage

Year 4 – Feelings:

- Managing feelings
- Respecting other people's feelings
- Keeping safe

Year 5 - Cycle of life:

- Sexual reproduction
- Birth
- Sexuality
- Change and loss

Year 6 – Growing up:

- Physical changes:
 - Body changes
 - Periods
 - Wet dreams
 - Hygiene
- Emotional changes:
 - Different feelings for different people

A variety of resources from the whiteboard pack will be used and will always be followed up with guided discussion where ground rules are established. In some instances, particularly with older children, lessons will be taught in same sex groups.

Working with parents:

We believe it is essential that the school works in partnership with parents. Parents will be given the opportunity to view and discuss the materials used in advance of the children undertaking the activities.

Parents have the right to withdraw their children from all or part of the SRE provided by the school **except for those parts included in the statutory science National Curriculum** (see appendix 1). Although SRE is not statutory until Key Stage 3 (National Curriculum 2014) we strongly recommend that all children take part in this vital aspect of their education.

The policy for SRE is regularly monitored and evaluated by the head teacher and Governing Body. Observations and comments from parents are always welcome.

Appendix 1:
Statutory National curriculum, Science

Year 2:

Pupils should be taught to:

- notice that animals, including humans, have offspring which grow into adults
- find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Year 5:

Pupils should be taught to:

- describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- describe the life process of reproduction in some plants and animals.

Pupils should be taught to:

- describe the changes as humans develop to old age.

Year 6:

Pupils should be taught to:

- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function