

# Mundella Primary School Policies

## Sex and Relationship Policy

Date Created/Updated: April 2021

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Date to be Reviewed: July 2022



### Introduction

Effective sex and relationship education (SRE) is essential if young people are to make responsible and well informed decisions about their lives. The object of SRE is to help and support young people through their physical, emotional and moral development.

Sex and relationship education is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of loving and caring relationships. It is about the teaching of sex, sexuality and sexual health.

### National Curriculum

The Department for Education revised their statutory guidance in 2019, stating that all schools must deliver relationships education from September 2019. This implementation date was delayed due to the Coronavirus pandemic but it will commence in Summer 2021. At Mundella we currently teach SRE through our PSHE and Science programme of study. Effective relationships are discussed and encouraged at all levels - with respect for all being part of our ethos. Sexual relations are discussed in the context of marriage or stable relationships and self-respect and respect for others constantly reinforced. The intention is to run the new RHSE policy along with this policy and PSHE work for the 2021/22 academic year. We will then review progress and look to combine policies based on how teaching and learning has developed.

### Aims and Objectives of SRE at Mundella

The aim of SRE is to provide children with age appropriate information, explore attitudes and values and develop skills in order to empower them to make positive decisions.

The objectives of Sex and Relationship Education are:

- To clarify and reinforce existing knowledge in a supportive adult- led environment
- To teach appropriate vocabulary so that children can talk freely and respectfully about their bodies and feelings.
- To respect and care for their bodies

- To be prepared for puberty and adulthood
- To know what is age appropriate
- To raise pupils' self-esteem and confidence, especially in their relationships with others
- To help pupils understand their sexual feelings and behaviour, so they can lead fulfilling and enjoyable lives
- To provide the confidence to be participating members of society and to value themselves and others
- To help gain access to information and support

## **Participation**

According to the most recent government guidance 'Sex and Relationship Education Guidance' (2000) and the 'House of Commons Briefing Paper- Sex and Relationship Education in Schools' (July 2016),

*"Parents have the right to withdraw their children from all or part of the sex and relationship education provided at school except for those parts included in the statutory National Curriculum" SRE Guidance (2000)*

The National Curriculum (2014) objectives that relate to the teaching of PSHE and Sex and Relationship Education are as follows:

### **Key Stage One**

Year One:

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense

Year Two:

- 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

### **Key Stage Two**

Year Three

- Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat
- Identify that humans and some other animals have skeletons and muscles for support, protection and movement

Year Four

- Describe the simple functions of the basic parts of the digestive system in humans
- Identify the different types of teeth in humans and their simple functions

## Year Five

- Describe the life process of reproduction in some plants and animals
- Describe the changes as humans develop to old age
- Identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood

## Year 6

- Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function
- Describe the ways in which nutrients and water are transported within animals, including humans
- Recognise that living things have changed over time and that fossils provide information about living things that inhabited the Earth millions of years ago
- Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents
- Identify how animals and plants are adapted to suit their environment in different ways and that adaptation may lead to evolution

At Mundella the curriculum runs on a two yearly cycle across phases (eg, year 5 and 6), this may mean that some objectives in year 5 are covered when the children reach year 6 and vice versa.

## Programme of Study

Within Key Stage One SRE is taught through Science and PSHE.

Within Key Stage Two, teachers use the 'Living and Growing' resource pack with DVD to aid teaching.

This is as follows:

### Year 4 - Living and Growing Unit 2

- Changes - followed by a question and answer session led by class teachers

### Year 6- Living and Growing Unit 2

- How Babies Are Made
- How Babies Are Born
- Girl Talk
- Boy Talk

These short DVD clips are then followed by a question and answer session. Throughout the films the children are encouraged to write any questions and place them into a private box. Teachers then address the questions during the following session.

A series of follow up activities are also taught after the year 6 DVD and question and answer session. These are all based around the same topic and use the same resource. The aim is to reinforce and consolidate learning from the DVD.

Emotional and hormonal changes are discussed and how this can change how you feel. Different and same sex couples and families are also discussed.

Further to this, girls within year 5 and 6 also take part in a period talk led by Y6 Class Teachers and Lisa Hewitt (Home School Link Worker).

These sessions usually run in the Summer term.

### **Ground rules**

'Ground Rules' are always discussed with the children prior to teaching SRE to ensure that everyone feels comfortable and ready to learn. These also help teachers to create a safe environment in which they do not feel embarrassed or anxious about unintended or unexpected questions or comments from pupils.

These are as follows:

- No one (teacher or pupil) will have to answer a personal question
- No one will be forced to take part in a discussion
- Only the correct names for body parts will be used
- Meanings of words will be explained in a sensible and factual way

### **Parents and Carers**

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 and carers are always informed about the teaching of SRE via a letter sent out prior to the programme of study beginning. They are always invited into school to view the DVD and teaching materials prior to the children accessing them.

Mundella Staff work closely with parents and are always on hand to answer any questions or provide support on the teaching of this matter.

