

# Sex & Relationship Policy

January 2015



Date Reviewed	<b>January 2015</b>
Signed	
To be Reviewed	<b>March 2018</b>

## Introduction

Ilfracombe Church of England Junior School promotes health in its widest sense; attending to the physical, social and psychological development of its pupils and the maintenance of good health for all pupils and staff. As part of this it is considered that the development of the emotions and self-esteem is central to its aims and a key element of this is a carefully considered and constructed Sex & Relationship Policy for all children in the school's care.

Sex & Relationship education should happen in partnership with parents. It has become increasingly recognised that Sex & Relationship education should not be something that is simply 'bolted on' as children go through puberty, but should be gradually developed as an integral part of the curriculum in a way that is appropriate to the age of the child. It is an entitlement for all children, as part of the curriculum requirements of Science (Life processes and living things) and health education. The potentially sensitive nature of the subject means that schools must add moral and social questions alongside. Sex & Relationship education is not just about reproduction and sexual health, but must also strive to enable children to act responsibly in making and maintaining relationships with others, to feel good about themselves and the choices they make, to develop assertiveness skills and the ability to respect themselves and others.

In the context of this the school Sex and Relationship policy aims to:

- Give clear and appropriate information and knowledge by answering children's questions openly, honestly and appropriately
- Promote positive attitudes and values fostering of individual well being
- Promote the necessary skills for effective communication, long and happy relationships and positive behaviour and development
- Challenging misconceptions – often complicated by mis-information.

These objectives can only be achieved as a developmental process beginning at the early years at an appropriate level and progressing through childhood and adolescence into adulthood. It is to this end that we have chosen to use a well-developed and recommended series of videos produced by Channel 4 Learning called Living and Growing and other suitable material.

## Strategy for Implementation

Sex and Relationship Education is taught as part of the PSHE and science curriculum – in each year group.

- In Year 3 SRE is taught as part of the PSHE curriculum in a unit called Growing and changing.

Key Objectives:

- 1 To recognise that we change as we grow up, not only in appearance but in what we are able to do
  - 2 To recognise that babies and children need a lot of time, love and help to grow up happily and safely
  - 3 To encourage children to be caring and helpful individuals
- Year 4 work is based on unit 2 of the Channel 4 Living and Growing series. How we change generally, physically, emotionally changes at the onset of puberty – feelings. How babies are made, the importance of loving and caring relationships – life cycles. How babies are born – development of babies within the womb and needs of mothers and babies.
  - Year 5 uses unit 3 of the Channel 4 Living and Growing series. Girl talk, physical and emotional changes at the onset of puberty/menstruation. Boy talk, physical and emotional changes/development of relationships. Images of sex created by the media. Conception and contraception.
  - In Year 6 the children receive practical information hints, and tips on understanding friendships, relationships and physical and psychological changes which relates to the children's stages of development, with activities presented in the context of family life, loving relationships and respect for others. Work is planned mainly from Health for Life and supported by the use of the BBC video "Growing Up."

There will be an opportunity for girls to talk to a female member of staff and/or the school nurse and boys can talk to a male member of staff during the course of this unit of work. Whenever possible health professionals, especially the school nurse will work in partnership with the school and may come into school to discuss issues with the children.

We also treat questions that the children may wish to ask with sensitivity – a question box is available in Key Stage 2 where the children can post questions that will be responded to individually. Children's questions will be answered appropriately and honestly, however some issue brought up may be inappropriate and they will not be answered, but it will be suggested that they are discussed within the family unit.

The following videos and the supporting material are available for viewing in school by any parents wishing to do so. If there are any parental concerns we will be happy to discuss them.

- Living & Growing Unit 2 – Channel 4 (Year 4)
- Living & Growing Unit 3 – Channel 4 (Year 5)
- Growing Up – BBC (Year 6)

## Inclusion

This policy is written with the inclusion of all pupils in mind. Its content will be differentiated to accommodate all levels of ability.

We will respect the beliefs of parents who wish to withdraw their child from a sex education programme.

Parents cannot however withdraw their children from aspects of sex education, which are part of the National Curriculum. We will engage in a positive dialogue with a view to illustrating to parents the relevance and importance of such a programme to their child.

Parents who still wish to exclude their child from a sex and relationship education programme will be asked to do so in writing to the Headteacher.

## Finally

Sexual development is a natural process, just one aspect of growing up emotionally, socially and physically. Each is an integral part of growing to adulthood and independence.

Our policy enables children to make comparisons with their own development and to reflect upon their own relationships in positive ways.

Ultimately the teaching and learning is about the promotion of self-esteem and the fostering of individual well-being. Children will be given credit for their ideas and opportunities to reflect upon their own experiences and review their learning.

Annie Cook - PSHE Coordinator  
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