



*Connect, Learn  
& Grow*

# **FRINTON ON SEA SEX & RELATIONSHIPS EDUCATION POLICY**

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Ratified/Approved: School Governing Curriculum Committee

Chair of Governors: Mrs S. Young

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## Context

At Frinton on Sea Primary School we value the importance of SRE to help and support our children through their physical, emotional and moral development. This programme is linked closely to the National Healthy Schools standard guidance.

We recognise the partnership of home and school, of parent/carer and teacher, in this important area of personal development.

SRE is a continuing developmental process, which includes the exploration of attitudes and values and the development of skills, as well as the teaching of factual information. It should be gradual and matched to the child's maturity and stage of development.

SRE teaches children to have an awareness of, and a respect for, themselves and others. It aids the development of positive self esteem, which helps the children to cope with the challenges of personal growth. It enables children to be aware of personal choices and decisions. It explores feelings and emotions.

As part of the framework we teach in school pupils are taught about the nature and importance of family life and bringing up children. Our children learn about the significance of marriage and stable relationships. Great care is taken that no child is stigmatised because of their home circumstances.

## What is SRE?

*'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.

Research demonstrates that good, comprehensive sex and relationship education does not make young people more likely to become sexually active at a younger age.

SRE is 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.

SRE has three main elements.

1. Attitudes 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
2. 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

### 3. Knowledge and Understanding

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

## **The Philosophy of Frinton on Sea Primary School**

It is the philosophy of our school that all children experience a planned programme of SRE that offers them the opportunity to explore attitudes and values and develop personal and social skills, as well as learning the facts necessary for life.

Sex and relationship education will reflect the values of the PSHE and Citizenship programme. SRE will be taught in the context of relationships.

In addition, SRE will promote self esteem and emotional health and well being and help them form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others, at home, school, work and in the community.

### **Process for Policy development**

A working party was set up to review the existing SRE policy. The group comprised of the teacher leading SRE and PSHE, a Governor Representative, a parent and a TA representative.

The policy has been developed in consultation with pupils, parents/carers, teaching-non teaching staff, governors, school health staff and other relevant agencies. The group met 6 times over 3 months.

Methods of consultation included auditing existing provision and knowledge in order to develop, implement, monitor and evaluate the curriculum. This was undertaken by sampling a group of 6 random children from each year group in ks1 and ks2 to assess existing knowledge and understanding and identify areas for improvement and common misconceptions.

Also a parents evening will be held to provide an opportunity to share the policy and teaching materials with parents.

### **Aims and Objectives for Sex and Relationship Education**

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 about their health related behaviour. This should take place with consideration of the qualities of relationships within families.

The objectives of Sex and Relationship Education are;

- To provide the knowledge and information to which all pupils are entitled
- To clarify/reinforce existing knowledge
- 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 help pupils' develop skills (language, decision making, choice, assertiveness) and make the most of their abilities
- To provide the confidence to be participating members of society and to value themselves and others
- To help gain access to information and support where appropriate.
- To develop skills for a healthier safer lifestyle
- To develop and use communication skills and assertiveness skills to cope with the influences of their peers and the media
- To respect and care for their bodies
- To be prepared for puberty and adulthood

## **The teaching programme for Sex and Relationship Education**

### **Legal requirements**

All schools must teach the following as part of the National Curriculum Science Orders, parents do not have the right to withdraw their child/children.

### **National Curriculum Science**

#### Key Stage 1

- That animals, including humans, feed, move, grow and use their senses and reproduce.
- To recognise and compare the external parts of the bodies of humans.
- That humans and animals can produce offspring and these grow into adults.
- To recognise similarities and differences between themselves and others and treat others with sensitivity.

#### Key Stage 2

- That the life processes common to humans and other animals include nutrition, growth and reproduction.
  - The main stages of the human life cycle
- Every child is entitled to receive SRE regardless of ethnicity, gender, religion, age, culture, disability, sexuality, language special needs, disadvantaged and looked after children.
  - It is our intention all children have the opportunity to experience a programme of SRE at a level which is appropriate for their age and physical development with differentiated provision if required.

Such a programme can successfully follow the outline given below;

## **Foundation**

Children learn about the concept of male and female and about young animals. In ongoing PSHE work, they develop skills to form friendships and think about relationships with others.

## **Key Stage 1**

Through work in science children learn about life cycles of some animals, understand the idea of growing from young to old and learn that all living things reproduce. They learn about the importance of personal hygiene to maintain good health, together with labelling parts of the body. In RE and Citizenship children reflect on family relationships, different family groups and friendship. They learn about rituals and traditions associated with birth, marriage and death and talk about the emotions involved.

They begin to co-operate with others in work and play and begin to recognise the range of human emotions and ways to deal with them. They also learn about personal safety.

## **Key Stage 2**

In science children continue to develop their knowledge in human life cycles and learn the biology of human reproduction including birth of a baby in years 5 & 6. Children are taught about the physical, emotional and social changes at puberty, which include personal hygiene. In RE and Citizenship, they continue to develop an understanding of relationships within a family, between friends and the community and that there are different patterns of friendship. They will develop skills needed to form relationships and to respect other people's emotions and feelings. They will consider how to make simple choices and exercise some basic techniques for resisting pressures.

Sex and relationship education should focus on the development of skills and attitudes not just the acquisition of knowledge.

At Frinton on Sea Primary School we are keen to ensure there is a smooth acquisition and building-upon prior knowledge throughout the school.

## **The Organisation of Sex and Relationship Education**

Sex and relationship education is delivered through science, RE, PSHE, Citizenship, literacy activities and circle time. Sex and relationship education is taught by classroom teachers, teaching assistants and if appropriate, outside visitors such as the school nurse.

A range of teaching methods which involve children's full participation are used to teach sex and relationship education. These include use of video, discussion, looking at case studies, drama and role play where appropriate.

Sex and relationship education is usually delivered in mixed gender groups however, there may be occasions where single gender groups are more appropriate and relevant.

Resources to teach sex and relationship education include fiction, reference books, leaflets and extracts from videos.

*Channel 4 Living and Growing Video Unit 1, 2 & 3 plus work books.*

*Unit 1 5-7yrs Differences / How did I get Here? / Growing up*

*Unit 2 7-9 yrs Changes / How babies are made / How babies are born*

*Unit 3 9-11yrs Girl talk / Boy talk / Let's talk about sex*

*Available from 4 Learning, PO Box 400 Wetherby LS23 7LG Tel 08701 246444*

Sex and relationship education is monitored and evaluated by Tracey Caffull as part of the school's development plan. As a result of this process changes will be made to the sex and relationship education programmes as appropriate.

## **Specific Issues**

- **Parental consultation**

The school includes information on sex and relationship education in the school prospectus and full details are available on request.

The school informs parents when aspects of the sex and relationship programme are taught and provides opportunities for parents to view the videos and resources being used. The policy is available in school for all parents to inspect and details are published in the school prospectus to enable parents of potential pupils are fully aware of Frinton on Sea Primary School's position in this matter. If parents wish to withdraw a child, they should discuss their concerns with the head teacher. However, this rarely happens, by working in partnership with parents they recognise the importance of this aspect of their child's education.

- **Child Protection / Confidentiality**

Teachers need to be aware that effective sex and relationship education, which brings an understanding of what is and is not acceptable in a relationship, may lead to disclosure of a child protection issue.

The staff member will inform the Head Teacher /Designated Child Protection person in line with the LEA procedures for child protection.

A member of staff cannot promise confidentiality if concerns exist.

- **Dealing with difficult questions**

Ground rules are essential to provide an agreed structure to answering sensitive or difficult questions and a consistency across the school at an appropriate level. Teachers will endeavour to answer questions as honestly as possible but if faced with a question they do not feel comfortable answering within the classroom, provision would be made to meet the individual child's needs. As a policy group we agreed on the following ground rules:

### Ground Rules

- Teachers should not enter into discussions about personal issues or lifestyles.
- No one, child or adult has to answer a personal question.
- Nobody is forced to take part in discussion.
- In discussion teachers will promote the use of accepted names of the human body.
- Meanings of words are explained in a sensible, factual and age- appropriate way

- **Use of visitors**

“Visitors should complement but never substitute or replace planned provision. It is the PSHE co-ordinator’s and teacher’s responsibility to plan the curriculum and lessons.”  
(*Sex and Relationship Guidance DfE 0116/2000 p29, 6.11*)

When appropriate, visitors such as the school nurse may be involved in the delivery of sex and relationship education, particularly in Key Stage 2.

- **Children with special needs**

Teaching and resources will be differentiated as appropriate to address the needs of these children in order for them to have full access to the content of sex and relationship education.

## **Monitoring and Evaluation**

Monitoring is the responsibility of the head teacher, named governor and teacher with responsibility for sex and relationship education.

The school will assess the effectiveness of the aims, content and methods in promoting students’ learning by lesson observation, sampling teachers planning, questionnaires to teachers and children and feedback from parents.

The effectiveness of the SRE programme will be evaluated by assessing children’s learning and implementing change if required.

This policy document is placed on the parents and staff notice board for 2 weeks following approval by the full governing body.

Any change will be reflected in the school prospectus.

SRE issues will be included in the induction programme for all new members of staff.