

## Sex and Relationship Education

All children are entitled to receive information about keeping healthy and safe, emotionally and physically; sex and relationship education is an important dimension of this statutory entitlement. Cholsey Primary School is committed to this entitlement and to delivering it within the broad and balanced programme of PSHCE. Parents have the right to withdraw their child from all or part of any Sex Education provided, but not from teaching the biological aspects of human growth and reproduction necessary under National Curriculum Science.

### Definition

Effective sex and relationship education is essential if young people are to make responsible and well informed decisions about their lives. It should be delivered as part of the framework for PSHCE. (Personal, Social, Health & Citizenship Education). It is learning about physical, moral and emotional development; it is the understanding of the importance of relationships based on friendship and the building of self-esteem.

It has three main elements:

- Attitudes and values
- Personal and social skills
- Knowledge and understanding

Sex and relationship education should be tailored to the age and physical and emotional maturity of the children. It should ensure that both boys and girls know about puberty and how a baby is born.

There should be clear parameters on what children should be taught in upper key stage 2. This should include:

- Changes in the body related to puberty, such as periods and voice breaking
- When these changes are likely to happen and what issues may cause young people anxiety and how they can deal with these
- How a baby is conceived and born

### Aims

In Cholsey Primary School we will aim to:

- Help and support young people through their physical, emotional and moral development
- Help young people to foster self-esteem and respect themselves and others
- Help young people to move with confidence from childhood into adolescence
- Nurture a partnership between caring adults – governors, staff and parents – to ensure sensitive support for young people as they grow
- Ensure children have the ability to accept their own and others' sexuality
- Encourage children to enjoy relationships based upon mutual trust and respect, free from any abuse
- Generate an atmosphere where questions and discussion on sexual matters can take place without embarrassment

## **Teaching and Learning**

At Cholsey Primary School sex and relationship education should contribute to the foundation of PSHCE by ensuring that all children:

- Develop confidence in talking, listening and thinking about feelings and relationships;
- are able to name parts of the body and describe how their bodies work
- Can protect themselves and ask for help and support;
- Are prepared for puberty.

Teaching takes place as and when it occurs in the National Curriculum or PSHCE programme or in response to children's questions.

Specific Sex Education is taught in mixed gender year groups with the assistance of the school nurse. A range of activities are offered to help them understand concepts:

- Videos
- Discussions between teacher and pupil; pupil and pupil
- Worksheets

This helps to foster respect and understanding for each other. The children are asked to evaluate the sessions and are given the chance to ask further questions as needed to clarify any issues, misconceptions or concerns.

## **Inclusion: Support for children with Special Needs and Equal Opportunities**

We have a duty to ensure children with special educational needs and learning difficulties are properly included in sex and relationship education. It is also important that the policy is both culturally appropriate and inclusive of all children; for example, it may not be appropriate for some children culturally to address certain issues in a mixed gender group. Pupils and their families may need to be consulted.

***This policy is currently being updated to reflect the new statutory guidance for Relationships Education, Relationships and Sex Education (SRE) and Health Education which will be implemented by September 2020***

***This will include detail on:***

- ***Managing difficult questions***
- ***Sex education***

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