

Ipswich Preparatory School

Sex, Relationships and Health Education Policy(SRHE)

(Including EYFS)

Sex and relationships education is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. Some aspects are taught in science, and others are taught as part of personal, social, health and economic education (PSHE).

From 2020, the Department for Education has made Relationships Education compulsory in all primary schools in England and Sex Education compulsory in all secondary schools.

We want all children to grow up healthy, happy and safe and able to manage the challenges and opportunities of modern Britain.

We aim to deliver a comprehensive programme of SRE, providing accurate information about the body, reproduction, sex, and sexual health at an age-appropriate level. We aim to provide balanced factual information about human reproduction, together with consideration of the broader emotional, ethical, religious and moral dimensions of sexual health.

Aims:

- To give our pupils essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline.
- To develop positive values and a moral framework that will guide their decisions, judgements and behaviour; have the confidence and self esteem to value themselves and others and respect for individual conscience and the skills to judge what kind of relationship they want.
- To understand how a human changes through adolescence
- To understand the consequences of their actions and behave responsibly within sexual and pastoral relationships.
- To understand about mental wellbeing and identify how people can help.
- To communicate effectively by developing appropriate terminology for sex and relationship issues.
- To develop an understanding of what a healthy lifestyle looks like.
- To understand the changes associated with drugs, alcohol and tobacco.

Teaching and Learning:

At Ipswich Prep School we believe that SRHE should be an integral part of the lifelong learning process, beginning in early childhood and continuing into adult life.

SRHE will be delivered through PSHE, Circle Time and Science lessons. It will be predominantly taught in class groups by Form Teachers, with provision for single-sex groups as appropriate, and will be delivered as a rolling programme. Support from professionals, including the school matron, will be used as appropriate

SRHE lessons are set within the wider context of the PSHE curriculum and address the emotional aspects of development and relationships and the physical aspects of puberty and reproduction and health. The Science curriculum is delivered in KS1 by class teachers and mostly in KS2 by the Science teacher. These lessons are more concerned with the physical aspects of health, development and reproduction although the importance of relationships is not forgotten.

Any SRHE lesson may consider questions or issues that some children will find sensitive. Before embarking on these lessons, ground rules are established which prohibit inappropriate personal information being requested or disclosed by those taking part in the lesson. When pupils ask questions, we aim to answer them honestly, within the ground rules established at the start of the sessions. When it is felt that answering a specific question would provide information at a level inappropriate to the development of the rest of the students, the question may be dealt with individually at another time. There is no expectation that any teacher delivering SRHE will automatically answer pupil questions, as this may infringe on personal boundaries, however, in this instance, pupils will be advised to talk to their parents or to another member of staff. Teachers ensure that SRHE lessons are taught in an environment where questions and discussions on sexual matters can take place without any stigma or embarrassment.

We recognise that parents are key people in teaching their children about issues regarding sex, health, relationships and growing up and as such, we aim to work in partnership with pupils and parents. Prior to any lessons on puberty or reproduction taking place, parents are invited to attend a meeting where the content of lessons and resources used are shared.

SRHE has three main elements:

Attitudes and Values

- o Learning about the values of family life and stable relationships.
- o Learning the value of respect, love and care.
- o Exploring, considering and understanding moral dilemmas.
- o Developing critical thinking as part of decision making.
- o Learning the importance of values, individual conscience and moral choices.
- o Learning about the nurture of children.
- o Challenging myths, misconceptions and false assumptions about normal behaviour.

Personal and Social Skills

- Learning to manage emotions and relationships confidently and sensitively.
- Developing self-respect and empathy for others.
- Learning to make choices based on understanding of differences and with the absence of prejudice.
- Providing opportunities for young people to develop the ability to understand the consequences of their decisions and actions, and to manage conflict.
- Empowering pupils with the skills to be able to avoid inappropriate pressures or advances (both as exploited or exploiter).

Knowledge and Understanding

- Information about healthier, safer lifestyles
- Learning and understanding physical development at appropriate stages.
- Understanding human sexuality, reproduction, emotions and relationships.

Curriculum Content

EYFS and Key Stage 1

- Self esteem
- The concept of growth and change
- Showing respect
- Relationships – family, friends; understanding others and respecting difference
- Feelings
- Knowing the correct names for the external parts of the body, including sexual parts where appropriate
- Personal hygiene
- Knowing places that are safe and where to go for help
- Making safe choices – saying no, when to keep a secret, when to tell
- Knowing that we have rights over our own bodies.

Key Stage 2

- Life changes
- Self esteem
- Respect for their own and others bodies
- Recognising risk/making safe choices – who has access to their bodies?
- Resisting unwanted peer pressure
- The influence of the media
- How to access help
- Feelings and emotional change (linked to puberty)
- Bullying
- Relationships (family, friends, love, marriage)
- Understanding differences
- Preparation for sexual maturity and the process of conception and birth
- How changes at puberty affect bodily hygiene

Children with special needs

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

Withdrawal of students from sex and relationship education

Parents cannot withdraw their child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe. However, if parents do not want their child to take part in some or all of the lessons on Sex Education, they can ask that their child is withdrawn. At primary level, the Head Teacher must grant this request.

Equal opportunities

All pupils are entitled to receive sex and relationship education regardless of age, disability, sex, sexual orientation, ability, gender, race, religious belief, gender reassignment or grouping. Through sex and relationship education we seek to develop a positive view of female and male sexuality. 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.

Safeguarding

Teachers are 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. Under the common law young people are entitled to the same duty of confidence as adults. Personal information about them should not be shared without their permission except for the purposes of child protection as detailed in the Safeguarding Policy.

Staff Development

We acknowledge that the effective teaching of SRE, within the PSHE framework, requires particular skills and expertise. All staff will have the opportunity to attend awareness-raising sessions and to discuss whole-school issues. Those staff with specific responsibility for delivering the programme will be consulted as to their particular training requirements, and access to these will be through CPD. It is essential that those teachers delivering the programme are confident in their abilities, and in the support offered by this policy.

Links to Other Policies and Documentation

The SRHE policy forms part of the PSHE policy.
See also:

Safeguarding Children
Health and Safety

Equal Opportunities
Behaviour

Confidentiality
Pastoral

The Policy references:

DfEE Guidance for Schools found at:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907638/RSE_primary_schools_guide_for_parents.pdf

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