

# Caersws C P School

## Sex and Relationships Education Policy

### 1 Introduction

- 1.1 We have based our school's sex education policy on:
- the Sex and relationships in schools guidance. Welsh Assembly Government Circular No: 019/2010 Date of issue: September 2010.
  - the Estyn Thematic report 2007 for SRE
  - The Estyn thematic report 2017 for Healthy relationships

### 2 Aims and Objectives

- 2.1 Education about relationships for 3 to 7-year-olds should focus on the building of self-esteem by encouraging learners to:
- value themselves
  - recognise and communicate their feelings and emotions
  - form friendships and relationships.
- To begin to understand appropriate and inappropriate touching
- 2.2 SRE should help 7 to 11-year-olds to understand:
- the reasons for the physical and emotional changes that take place at puberty, including conception, pregnancy and birth
  - the range of their own and others' feelings and emotions
  - the importance of personal safety and what to do or to whom to go when feeling unsafe.
- 2.3 Specifically, the outcomes of effective SRE in primary school are to help learners:
- develop positive attitudes and values that influence the way they behave
  - develop the skills needed to make responsible and well-informed decisions about sexual health and well-being
  - gain respect for themselves and others
  - appreciate diversity within sexual orientation and celebrate difference
  - build successful relationships
  - appreciate the importance of stable and loving personal relationships
  - understand the physical and emotional aspects of sex, sexuality and sexual health and well-being
  - understand that there are laws relating to sexual behaviour
    - Implement Welsh Government guidance to provide a whole-school approach to preventing violence against women, domestic abuse and sexual violence
    - Ensure that key messages around healthy relationships are embedded in the curriculum and reinforced regularly

### 3 Context/links to other policies

The policy should be cross-referenced to related policies which include:

- personal and social education (PSE)
- safe guarding/child protection
- anti-bullying (including procedures for dealing with homophobic bullying)
- equality and diversity.
- Cyber safety

The school is fully committed to the United Nations Convention on the Rights of the Child (UNCRC). Children and Young People: Rights to Action (2004) sets out the Welsh Assembly Government's seven core aims for children and young people. The core aims describe the entitlement of children and young people to access educational and health services, and address their right to be listened to and to participate in the decisions that affect them; this includes being given the necessary information to make choices.

#### **4 Organisation**

- We teach sex education through different aspects of the curriculum. We carry out some sex education teaching in our personal, social and education (PSE) curriculum, much of this work is through circle time, role play and small group discussion. We also teach some sex education through other subject areas (for example, science and PE), where we feel that they contribute significantly to a child's knowledge and understanding of his or her own body, and how it is changing and developing.
- In PSE we teach children about relationships, and we encourage children to discuss issues. In science we teach about the parts of the body and how these work, in independent standalone lessons we explain to upper KS2 pupils what will happen to their bodies during puberty. For example, we tell all pupils that boys voices will change during puberty and we explain that girls menstruate. We encourage the children to ask for help if they need it. We also promote skills to deal with peer pressure.
- In Foundation Phase we teach children how animals, including humans, move, feed, grow and reproduce, and we also teach them about the main parts of the body. Children learn to appreciate the differences between people and how to show respect for each other. In Key Stage 2 we teach about life processes and the main stages of the human life cycle in greater depth.
- In Years 5 and 6 we place a particular emphasis on health education, as many children experience puberty at this age. We liaise with Powys Healthy Schools and school nurses about suitable teaching materials to use with our children in these lessons. Teachers do their best to answer all questions with sensitivity and care. By the end of Key Stage 2, we ensure that both boys and girls know how babies are born, how their bodies change during puberty, what menstruation is, and how it affects women. We always teach this with due regard for the emotional development of the children.
- A letter to Y5/6 parents/carers explaining the content of the programme of lessons is sent and they are invited to come in to meet and discuss concerns if they so wish and view the resources.
- Best practise creates:
  - a culture that supports open and responsible behaviour
  - discussion of relationships and sexual health and well-being
  - confidence in providing positive, holistic SRE programmes that meet the needs of all learners.

## **5 The role of parents**

- The school is well aware that the primary role in children's sex education lies with parents and carers. We wish to build a positive and supporting relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective we:
  - inform parents about the school's sex education policy and practice;
  - answer any questions that parents may have about the sex education of their child;
  - take seriously any issue that parents raise with teachers or governors about this policy or the arrangements for sex education in the school;
  - inform parents about the best practice known with regard to sex education, so that the teaching in school supports the key messages that parents and carers give to children at home. We believe that, through this mutual exchange of knowledge and information, children will benefit from being given consistent messages about their changing body and their increasing responsibilities.
- Parents have the right to withdraw their child from all or part of the sex education programme that we teach in our school. If a parent wishes their child to be withdrawn from sex education lessons, they should discuss this with the headteacher, and make it clear which aspects of the programme they do not wish their child to participate in. The school always complies with the wishes of parents in this regard. Parents do not have the right to withdraw children from science curriculum.

## **6 The role of other members of the community**

- We encourage other valued members of the community to work with us to provide advice and support to the children with regard to health education. In particular, members of the Local Health Authority, such as the school nurse, who give us support with our sex education programme.

## **7 Confidentiality**

- Teachers conduct sex education lessons in a sensitive manner and in confidence. However, if a child makes a reference to being involved, or likely to be involved in sexual activity, then the teacher will take the matter seriously and deal with it as a matter of child protection. Teachers will respond in a similar way if a child indicates that they may have been a victim of abuse. In these circumstances the teacher will talk to the child as a matter of urgency. If the teacher has concerns, they will draw their concerns to the attention of the headteacher. The headteacher will then deal with the matter in consultation with health care professionals. (See also Child Protection Policy and Safeguarding).

## **8 The role of the headteacher**

- It is the responsibility of the headteacher to ensure that both staff and parents are informed about our sex education policy, and that the policy is

implemented effectively. It is also the headteacher's responsibility to ensure that members of staff are given sufficient training, so that they can teach effectively and handle any difficult issues with sensitivity. All staff attended update training on new resources in summer 2017.

- The headteacher liaises with external agencies regarding the school sex education programme, and ensures that all adults who work with children on these issues are aware of the school policy, and that they work within this framework.
- The headteacher monitors this policy on a regular basis and reports to governors, when requested, on the effectiveness of the policy.

## **9 Monitoring and review**

- 9.1 The Sex Education Policy will be reviewed bi-annually, linked to the cycle for the main block of teaching sex education to Year 5 & 6. The policy review will be discussed by the Headteacher and Governors and any appropriate changes will be made.

## **10 Resources**

The school uses the most up to date resources, 'Growing Up' and SENSE to deliver the core elements of SRE in Years 5 and 6.

**Reviewed September 2023**

**Signed:**

**Date:**