

# Sex & Relationships Education Policy



## Aims

- Create a positive culture around issues of sexuality and relationships
- Help pupils develop the skills, knowledge and understanding of how to build positive, healthy relationships with their peers and adults
- Help pupils develop a feeling of self-respect, confidence and empathy
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene.
- Teach pupils the correct vocabulary to describe themselves and their bodies

## Links to our School Vision and Aims

At Vale School we Value All Learners Equally and aim to nurture pupils to become:

- Confident Individuals
  - Who have a sense of self-worth and personal identity
  - Who become increasingly independent, are able to take the initiative, and organise themselves
  - Who make healthy lifestyle choices, take managed risks and stay safe
  - Who recognise their talents and have ambitions
  - Who are willing to try new things and make the most of opportunities
- Responsible Citizens
  - Who respect others, act with integrity and distinguish right from wrong
  - Who have a strong sense of their place in the world
  - Who challenge injustice and are committed to human rights
  - Who sustain and improve the environment locally and globally

## Statutory requirements

It is not compulsory to teach SRE in primary schools, however we are required to teach elements of sex education contained in the science curriculum

Science Curriculum elements to include

- SC3.5b describe the life process of reproduction in some plants and animals
- SC4.5a describe the changes as humans develop to old age

At Vale School we also include the following aspects in our SRE curriculum:

- How to identify good friends
- How to be a good friend
- To distinguish between working friendships and 'playing' friendships
- To consider ways to resolve friendship issues
- Develop confidence and responsibility and make the most of their abilities.
- Prepare to play an active role as citizens.
- Develop good relationships and respect the differences between people.
- To recognise what is appropriate physical contact within primary aged friendships
- To know and use appropriate vocabulary when discussing topics linked to SRE.
- Recognise, as they approach puberty, how people's emotions change at that time & how to deal with their feelings towards themselves, their family & others in a positive way.
- Learn about how the body changes as they approach puberty.

**Definition**

SRE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, healthy lifestyles, diversity and personal identity. The SRE curriculum involves a combination of sharing information, and exploring issues and values.

**Organisation / Provision**

SRE is mainly taught through our PSHE curriculum and where appropriate, our Science curriculum and Theme work.

Pupils in Years 5 and 6 also receive stand-alone sex education sessions focused on changes, puberty, and the life processes of reproduction.

Across all Key Stages, pupils are supported with developing the following skills:

- Communication, including how to manage changing relationships and emotions
- Recognising and assessing potential risks
- Assertiveness
- Seeking help and support when required from trusted adults
- Informed decision-making
- Recognising and maximising a healthy lifestyle
- Managing conflict

**Roles and Responsibilities**

The Governing Body approve the SRE policy and ensure its implementation. The Headteacher ensures that SRE is taught consistently across the school and manages parental requests to withdraw pupils from the non-statutory and non-science components of SRE. Class teachers deliver the SRE curriculum, responding appropriately to the needs of individuals and to pupils whose parents wish to withdraw them from components of SRE.

**Parents' right to withdraw**

Parents have a right to withdraw their children from components of SRE. Requests for withdrawal should be put in writing and addressed to the Headteacher. The request will be discussed with the parents and appropriate action taken.