



# Summerseat Methodist Primary School Policy for Sex and Relationships Education

The Standards Committee of the Governing Body adopted the revision of this policy on October 2008.

## **PURPOSE**

Research evaluations have found that good quality SRE can lead to positive health and behavioural outcomes particularly with regard to delaying the onset of intercourse and increasing the likelihood of contraception being used when young people have intercourse. SRE begins at a young age and builds to meet the needs of pupil so that as they grow older they can positively contribute to fulfilling relationships and positive experiences later in life.

## **AIMS**

1. To provide accurate information
2. To dispel myths
3. To explore a range of attitudes and values towards SRE issues and to help pupils reach their own, informed opinions
4. To develop a sense of mutual respect and care for others
5. To increase pupils' self esteem
6. To develop skills relevant to managing relationship and sexual situations e.g. communication with others; risk assessment; decision making; assertiveness; conflict management; seeking help and using services; helping others etc.

## **PRACTICE**

### At all Key Stages

The aims of this policy are addressed through the PSHCE "SEAL" curriculum. In particular the annual units covering:

- Getting on and Falling Out
- Good to be me
- Relationships
- Changes

In addition we have a two-year rolling programme of "BIG" PSHCE days, some of which relate to SRE:

- Relationships
- What makes a healthy person ?

## In Y5/6

Additional time is allocated to SRE in years 5 and 6, focusing on puberty:

- The concept of time lines - what's happened to them and how they have changed so far
- Life cycles - birth, childhood, adulthood, old age and possibly death
- Why and how the changes are happening and to see puberty as a process, not an event
- Accurate information about both the internal and external changes
- Keeping clean
- Being comfortable using the appropriate language
- Access to good, clear and unambiguous diagrams
- Worries and concerns - reassurance
- Developing positive attitudes about their own bodies
- Lots of time to discuss issues
- A safe environment without embarrassment or harassment

In Y5/6 the class teachers are supported by the School's Health Adviser.

See appendix A for further detailed information.

For detailed information of coverage of the schemes of work, please see the long-term curriculum plan and PSHCE co-ordinator's guidelines.

## **MONITORING and REVIEW**

- This policy will be monitored regularly by the PSHCE co-ordinator and head teacher.
- This policy will be reviewed annually.

## Appendix A

Y5/6 SRE Programme

### Session 1:

Coping with my changing body. Changing from being a girl to a woman, from being a boy to a man. What is happening to my body ? on the outside ? on the inside ? What I need to know about these changes and how they are preparing my body for the time I become a mother or father of a baby ? What do I need to know before that stage ? What helps me cope ?

### Session 2:

What does it mean to be grown up ? What is involved in growing up ? How do I feel about the changes in my body and in other people's bodies ? Why do some young people want to hurry into being grown up ? What words should I use to tell and ask people about these changes ? Who are the people I can ask for help ?

### Session 3:

Does growing up mean taking on more responsibility ? how can I be responsible for my own body, my feelings and for what happens to me ? how can I cope with my own and other people's emotions ? How do I feel about my own and other people's sexuality ?

## Appendix B

References:

"Talking SRE"

Primary School SRE Education Pack - Health Wise

Health for Life - Ages 8 - 11

SEALs materials