



Darlinghurst

ACADEMY

Sex and Relationship Education September 2018

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Author:	Tracy Grant
Checked by:	Emma Nicholls
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Introduction

We have based the Academy's sex and relationship education policy on the DFE guidance document Sex and Relationship Education Guidance (ref DFE 0116/2000). In this document', sex education is defined as 'learning about physical, moral and emotional development. It is about understanding the importance of stable and loving relationships, marriage and family life, respect, love and care. Sex and Relationship Education (SRE) is part of the personal, social and health education and citizenship curriculum in our school'.

While we use sex education to inform children about sexual issues, we do this with regard to matters of morality and individual responsibility, and in a way that allows children to ask and explore moral questions. We do not use sex education as a means of promoting any form of sexual orientation.

What does SRE mean in the Academy and for learners of this age?

We are now using the on-line resource of 'Growing up with Yasmin and Tom' (provided by the FPA.org.uk) to deliver SRE to all children. This covers a variety of topics including the body, (including growing up and puberty), life cycles, feelings, relationships, gender stereotypes, family life and online safety.

In key stage 1 it will be layering the foundations of understanding about growth and respect for one another. In key stage 2 it prepares learners for the changes experienced during puberty.

The role of parents

The Academy is conscious of the fact that the primary role in children's sex and relationship education lies with parents and carers. We wish to build a positive and supporting relationship with the parents of children at the Academy through mutual understanding, trust and cooperation.

In promoting this objective we:

- Consult and inform parents about the Academy'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 Academy;
- Inform parents about the best practice known with regard to sex education, so that the teaching in the Academy 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 and relationship education programme that we teach in the Academy. If a parent wishes their child to

be withdrawn from sex education lessons, they should discuss this with the Principal, and make it clear which aspects of the programme they do not wish their child to participate in. The Academy always complies with the wishes of parents in this regard.

Confidentiality

Teachers conduct sex and relationship education lessons in a sensitive manner and in confidence. However, if a child makes a reference to being involved in a sexual activity, then the teacher will take the matter seriously and deal with it as a matter of child protection. If the teacher has concerns, they will draw their concerns to the attention of the Designated Safeguarding Lead and they will deal with this in accordance with our Child Protection Policy.

Who will be teaching the programme?

The programme will be taught by class teachers who will be supported by senior staff.

Aims and objectives

We teach children about:

- The physical development of their bodies as they grow into adults;
- The way human's reproduce;
- Respect for their own bodies and the importance of sexual activity as part of a committed, long-term, and healthy and loving relationship;
- The importance of family life;
- Moral questions;
- Relationship issues;
- Respect for the views of other people;
- Sex abuse and what they should do if they are worried about any sexual matters.
- The issue of consent

Contexts

While sex education in the Academy means that we give children information about relationships and sexual behaviour, we do this with an awareness of the moral code and values which underpin all our work within the Academy. In particular, we teach sex education in the belief that:

- Sex education should be taught in the context of a loving relationship and family life;
- Sex education is part of a wider social, personal, spiritual and moral education process;
- Children should be taught to have respect for their own bodies;
- Children should learn about their responsibilities to others, and be aware of the consequences of sexual activity;
- It is important to build positive relationships with others, involving trust and respect;

The National Healthy School Standard

We now participate in the National Healthy School Standard scheme, which promotes health education. As participants in this scheme we:

- Consult with parents on matters of health education policy;
- Listen to the views of the children in our Academy regarding sex education;

- Look positively at any local initiatives that support us in providing the best sex education teaching programme that we can devise. The school is now supported by Southend Council and the Yasmin and Tom resource

Organisation (See Appendix 1)

We teach relationship and sex education through different aspects of the curriculum. While we carry out the main sex education teaching in our personal, social and health education (PSHCE) curriculum, we also teach some sex education through other subject areas (e.g. science), 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 science lessons in Year 5 and 6, teachers inform children about puberty and how a baby is born. For this aspect of the Academy's teaching, we follow the guidance material in the national scheme of work for science. In Foundation and Key Stage 1 we teach children that 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.

By the end of Key Stage 2, we ensure that both boys and girls know how babies are conceived, 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.

Parents are informed when discrete puberty or sex education lessons will take place and are given the option to view resources or discuss the content before their child participates in the lesson.

Monitoring and review

This policy will be reviewed every two years or earlier if necessary.

APPENDIX ONE:

Curriculum Map for 'Growing up with Yasmine and Tom'



Module 1 (5-7)	Lessons Taught
Year 1	<ul style="list-style-type: none">• Introducing Yasmine and Tom• Keeping safe in the house• Relationships: Friends• My Body: External Body Parts• My Body: Internal body Parts• Keeping Safe: People who can help me• Feelings: Different emotions• Gender Stereotypes: Similar and Different• Online Technology Safety: Taking Care online
Year 2	<ul style="list-style-type: none">• Keeping safe: Out and About• My body: Keeping Clean• Life Cycles: Different Ages• Life Cycles: Looking after Babies• Feelings: What to do when we feel sad• Relationships: Different Families• Gender Stereotypes: Toys• Online Technology Safety: Who can help us

Module 2 (7-9)	Lessons Taught
Year 3	<ul style="list-style-type: none"> • Introducing Yasmine and Tom • Gender Stereotypes: Jobs we do • Keeping Safe: Personal Space • Keeping Safe: Identifying risk • Feelings: Expressing our feelings • Relationships: Getting on with your family • Online Technology Safety: Photos of myself online • Life Cycles: Growing up and getting older • Life Cycles: Me, Myself and I
Year 4	<ul style="list-style-type: none"> • Gender Stereotypes: Mothers and Fathers • My Body-Sexual body parts- male • My Body- Sexual body parts-female • My Body: Keeping clean and not spreading germs • Feelings: Managing our feelings • Relationships: What makes a good friend? • Online Technology Safety: Taking care online- who can help us? • Keeping Safe: people who can help me

Module 3 (9-11)	Lessons Taught
Year 5	<ul style="list-style-type: none"> • Introducing Yasmine and Tom • Gender Stereotypes – discrimination and equal opportunities • Online Technology Safety: Cyberbullying • Relationships: Trust • Feelings: How easy is it to talk about... • Keeping Safe: Saying no • Keeping Safe: People who can help me • My body: Puberty • My body: Periods • My body: Wet Dreams
Year 6	<ul style="list-style-type: none"> • Gender Stereotypes- Sexual Orientation • Online Technology Safety: Social Networking and sending pictures • Relationships: Peer pressure • Feelings: Talking to people about how we feel • Keeping safe: Good touch and bad touch • Life Cycles: How babies are made-sexual intercourse • Life Cycles: How babies are made- assisted fertility • Life Cycles: multiple births • Life Cycles: How babies are born

APPENDIX TWO: Sex and Relationship Education – Information for Parents/Carers

What does SRE mean in the Academy and for learners of this age?

We are now using the resource of 'Growing up with Yasmine and Tom' (provided by the FPA.org.uk) This covers topics including the body, feelings, relationships, family life and online safety. Details of what is taught in different year groups are provided in Appendix 1.

The role of parents

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Contexts

We teach sex and relationship education in the context of the school's aims and values. While SRE in the Academy means that we give children information about relationships and sexual behaviour, we do this with an awareness of the moral code and values which underpin all our work in the Academy. In particular, we teach SRE in the belief that:

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If there are any questions at all about how relationship and sex education is taught at Darlinghurst Academy or you wish to view the excellent resources we use please contact your child's teacher.