

Honley CE (VC) Junior School



POLICY SEX AND RELATIONSHIP EDUCATION

Reviewed and approved by governors	March 2015
Next Review Date	March 2017

1.0 Aims

The aims of this policy are:

- To create a consistent approach throughout the school to Sex and Relationships education
- To define how the school fulfils its statutory duties regarding Sex and Relationships education.
- To underpin the teaching of Sex and Relationships education with our Christian values.

2.0 Policy

Through the programme of sex and relationships education the school aims to allow pupils to develop the following:

Attitudes and values

- Learning the importance of values and individual conscience and moral considerations
- Learning the value of family life, marriage and other stable and loving relationships for the nurture of children
- Learning the value of respect, love and care, and in doing so, developing sensitivity and respect for others, regardless of gender, sexual orientation, race, culture, disability or social background
- Exploring, considering and understanding moral dilemmas
- Developing critical thinking as part of decision-making

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 an understanding of difference and with an absence of prejudice
- Developing an appreciation of the consequences of choices made
- Managing conflict
- Learning how to recognise and avoid exploitation and abuse

Knowledge and understanding

- Learning and understanding physical development at appropriate stages
- Understand human sexuality, reproduction, sexual health, emotions and relationships

2.1 PSHE

Sex and relationship education is supported by our school's wider curriculum for Personal, Social, Health Education. This is mainly taught by using the Social and Emotional Aspects of Learning (SEAL) scheme. The main themes are:

- Developing confidence and responsibility and making the most of pupils' abilities
- Preparing to play an active role as citizens
- Developing a healthier, safer lifestyle
- Developing good relationships and respecting differences between people
- Developing confidence in talking, listening and thinking about feelings and relationships
- Children are able to name parts of the body and describe how their bodies work
- Children can protect themselves and ask for help and support
- Children are prepared for puberty

2.2 Requirements of the National Curriculum

The requirements set out within National Curriculum Science at Key Stage 2 are that the children should learn:

- That the life processes common to humans and other animals include nutrition, movement, growth and reproduction
- About the main stages of the human life cycle

2.3 Scheme of Work

The school follows the Christopher Winter Project scheme of work. The overview is attached in Appendix 1. This is supported by the Channel 4 Living and Growing DVD. A bank of resources suggested by the scheme of work has been purchased and these are stored centrally in the staffroom. Ground rules are set for the classes when teaching Sex and Relationship Education.

2.4 Teaching Styles

- An atmosphere of respect is engendered as per our rights
- A question box is provided but teachers will not always answer the questions posed, some may be referred to parents
- Colloquial names for body parts are accepted in lessons initially but correct names are taught
- Generally Sex and Relationships Education is taught in mixed sex sessions however an initial single-sex session is used when

teaching about puberty. A follow-up mixed sex session is then held.

- Sessions are taught as far as possible by the usual class teacher

2.5 Family involvement

Parents will be informed by teachers at the beginning of the term when the unit of Sex Education takes place. They will make sure parents have access to the scheme of work overview for the unit.

Appendix 1

Year 5 Puberty <small>Key Stage 2</small>													
Scheme of Work													
Word Box: Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings													
<p>Programmes of Study</p> <p>PSHE Framework</p> <p>1d) to recognise as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their families and others in a positive way</p> <p>3c, learn about how the body changes as children approach puberty</p> <p>Science Attainment Targets describe the changes as humans develop to old age</p>	<table border="1"> <thead> <tr> <th>Learning Intentions and Learning Outcomes</th> <th>Lesson Title</th> <th>Resources</th> </tr> </thead> <tbody> <tr> <td> <p>Learning Intention To explore the emotional and physical changes occurring in puberty</p> <p>Learning Outcomes Explain the main physical and emotional changes that happen during puberty Ask questions about puberty with confidence</p> </td> <td> <p>Lesson 1 Talking About Puberty</p> </td> <td> <p>Puberty Changes Teacher Guide Pictures of male and female reproductive organs Anonymous questions template Additional Activities Changes DVD: All About Us: Living and Growing, Alternative, Unit 2, Programme 4, www.channel4.com/learning Sheets of flipchart paper for body outlines</p> </td> </tr> <tr> <td> <p>Learning Intention To understand male and female puberty changes in more detail</p> <p>Learning Outcomes Understand how puberty affects the reproductive organs Describe how to manage physical and emotional changes</p> </td> <td> <p>Lesson 2 Male and Female Changes</p> </td> <td> <p>Pictures of male and female reproductive organs Puberty Changes Teacher Guide Menstrual cycle animation Male pictures Puberty Card Game Puberty Card Game answer sheet Puberty Card Game whiteboard summary Model materials: spaghetti (fallopian tubes) and poppy seeds (eggs) Selection of sanitary wear (tampons, sanitary towels, panty liners) Anonymous questions from Lesson 1 Additional Activities www.bbc.co.uk/science/humanbody What is the Menstrual Cycle? cards What is the Menstrual Cycle? whiteboard summary The Menstruation Card Game for Girls and Answers Menstruation Card Game whiteboard summary</p> </td> </tr> <tr> <td> <p>Learning Intention To explore the impact of puberty on the body and the importance of physical hygiene To explore ways to get support during puberty</p> <p>Learning Outcomes Explain how to stay clean during puberty Describe how emotions change during puberty Know how to get help and support during puberty</p> </td> <td> <p>Lesson 3 Puberty and Hygiene</p> </td> <td> <p>Kim's Game Items and a cloth to cover them (see lesson plan) Kim's Game Teacher Guide Year 5 Puberty Problem Page Year 5 Puberty Problem Page cut-outs Problem Page Teacher Guide Anonymous questions from Lesson 1 Additional Activities Puberty Bingo</p> </td> </tr> </tbody> </table>	Learning Intentions and Learning Outcomes	Lesson Title	Resources	<p>Learning Intention To explore the emotional and physical changes occurring in puberty</p> <p>Learning Outcomes Explain the main physical and emotional changes that happen during puberty Ask questions about puberty with confidence</p>	<p>Lesson 1 Talking About Puberty</p>	<p>Puberty Changes Teacher Guide Pictures of male and female reproductive organs Anonymous questions template Additional Activities Changes DVD: All About Us: Living and Growing, Alternative, Unit 2, Programme 4, www.channel4.com/learning Sheets of flipchart paper for body outlines</p>	<p>Learning Intention To understand male and female puberty changes in more detail</p> <p>Learning Outcomes Understand how puberty affects the reproductive organs Describe how to manage physical and emotional changes</p>	<p>Lesson 2 Male and Female Changes</p>	<p>Pictures of male and female reproductive organs Puberty Changes Teacher Guide Menstrual cycle animation Male pictures Puberty Card Game Puberty Card Game answer sheet Puberty Card Game whiteboard summary Model materials: spaghetti (fallopian tubes) and poppy seeds (eggs) Selection of sanitary wear (tampons, sanitary towels, panty liners) Anonymous questions from Lesson 1 Additional Activities www.bbc.co.uk/science/humanbody What is the Menstrual Cycle? cards What is the Menstrual Cycle? whiteboard summary The Menstruation Card Game for Girls and Answers Menstruation Card Game whiteboard summary</p>	<p>Learning Intention To explore the impact of puberty on the body and the importance of physical hygiene To explore ways to get support during puberty</p> <p>Learning Outcomes Explain how to stay clean during puberty Describe how emotions change during puberty Know how to get help and support during puberty</p>	<p>Lesson 3 Puberty and Hygiene</p>	<p>Kim's Game Items and a cloth to cover them (see lesson plan) Kim's Game Teacher Guide Year 5 Puberty Problem Page Year 5 Puberty Problem Page cut-outs Problem Page Teacher Guide Anonymous questions from Lesson 1 Additional Activities Puberty Bingo</p>
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Puberty, Relationships and Reproduction Key Stage 2

Scheme of Work

Word Box: Womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal/private information, internet safety.

Programmes of Study

PSHE Framework
3c, learn about how the body changes as they approach puberty

4c to be aware of different types of relationships, including marriage and those between friends and families, and to develop the skills to be effective in relationships

3f that pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong

Science Attainment Targets
describe the life process of reproduction in some plants and animals

Learning Intentions and Learning Outcomes

Learning Intention

To consider puberty and reproduction

Learning Outcomes

Describe how and why the body changes during puberty in preparation for reproduction

Talk about puberty and reproduction with confidence

Learning Intention

Consider physical & emotional behaviour in relationships

Learning Outcomes

Discuss different types of adult relationships with confidence

Know what form of touching is appropriate

Learning Intention

To explore the process of conception and pregnancy

Learning Outcomes

Describe the decisions that have to be made before having a baby

Know some basic facts about pregnancy and conception

Learning Intention

To explore positive and negative ways of communicating in a relationship

Learning Outcomes

To have considered when it is appropriate to share personal/private information in a relationship

To know how and where to get support if an online relationship goes wrong

Lesson Title

Lesson 1

[Puberty and Reproduction](#)

Lesson 2

[Understanding Relationships](#)

Lesson 3

[Conception and Pregnancy](#)

Lesson 4

[Communicating In Relationships](#)

Resources

[Puberty Changes Teacher Guide](#)

[Puberty Body Part cards](#)

[Reproduction question sheet](#)

[Reproduction answer cards](#)

[Reproduction whiteboard summary](#)

Additional Activities

[Puberty Problem Page](#)

[Puberty Problem Page Cut-outs](#)

[Puberty Problem Page Teacher Guide](#)

Relationship pictures

Squares of paper/sticky notes

[Anonymous Questions template](#)

Additional Activities

How Babies are Made DVD programme: All About Us: Living and Growing - Alternative, Unit 3 Programme 7. www.channel4.com/learning

How Does A Baby Start? cards

[How Does A Baby Start? whiteboard summary](#)

Anonymous Questions from previous lesson

Additional Activities

[Conception and Pregnancy statements](#)

[Conception and Pregnancy Quiz](#)

[Conception and Pregnancy Quiz Answers](#)

[Pictures of male and female reproductive organs](#)

Model materials: dried spaghetti (fallopian tubes) and poppy seeds (eggs)

Relationship Question cards

[Communication Scenario Cards](#)

[Communication Scenarios answers](#)

[Communication Scenarios whiteboard summary](#)

Additional Activities

Film clip from www.thinkuknow.co.uk