



PENPOL SCHOOL

Relationships and Sex Education

Reviewed: Autumn 2019

Next Review Date: Autumn 2020

Rationale

At Penpol Primary School , we understand the importance of educating pupils about sex and relationships, in order for pupils to make responsible and well-informed decisions in their lives.

The DfE's guidance, 'Sex and Relationship Education Guidance', defines this programme as: "Learning about physical, moral and emotional development; understanding the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and health."

The programme will be taught objectively and does not intend to promote any form of sexual orientation.

Aims:

At Penpol, the sex education and relationship programme is an opportunity for pupils to:

- Develop an understanding of sex, sexuality and relationships.
- Develop a range of appropriate personal skills.

The aims will be achieved through developing an understanding of:

- A range of values and moral issues including the importance of family life.
- The biological facts related to human growth and development, including reproduction.
- The importance of healthy relationships.

Legislation

This policy will be compliant with the following guidance:

- DfE 'Sex and Relationship Education Guidance' 2000
- DfE 'Science programmes of study: key stages 1 and 2' 2013

Organisation of the programme

The sex and relationship education programme will be developed in conjunction with the views of teachers, pupils and parents by the PSHE coordinator, in accordance with DfE recommendations.

The majority of the programme will be delivered through the personal, social, health and economic (PSHE) education, with statutory aspects taught via the science curriculum. At key stage 1 and key stage 2, the topics are broken down into specific areas that will be taught appropriate to pupils' ages.

Elements of the topics for key stage 1 and 2 are statutory in accordance with the [science national curriculum](#) and therefore must be taught

Content taught by year

Key Stage One

Year 2:

- **Pupils learn to understand and respect the differences and similarities between people**

Pupils:

- are able to define difference and similarity.
- understand that boys and girls can do the same tasks and enjoy the same things, but that stories, TV and people sometimes say boys do this and girls do that.

- **Pupils learn about the biological differences between male and female animals and their role in the life cycle**

Pupils:

- know that female mammals give birth and nurse their young
- can describe the biological differences between male and female
- understand that the creation of life requires a male and female

- **Pupils learn the biological differences between male and female children**

Pupils:

- identify and name biological terms for male and female sex parts.
- understand that the male and female sex parts are related to reproduction

- **Pupils learn that everybody needs to be cared for and ways in which they care for others**
Pupils:
 - understand that we all have different needs and require different types of care
 - identify ways we show care towards each other
 - understand the links between needs, caring and changes throughout the life cycle
- **Pupils learn about growing from young to old and that they are growing and changing**
Pupils:
 - can identify key stages in the human life cycle
 - understand some ways they have changed since they were babies
 - understand that all living things including humans start life as babies
- **Pupils learn about different types of family and how their home-life is special**
Pupils:
 - can describe different types of family
 - identify what is special and different about their home life
 - understand families care for each other in a variety of ways

Key stage Two

Year 4:

- **Pupils learn about the way we grow and change throughout the human life cycle**
Pupils:
 - can describe different types of family
 - identify what is special and different about their home life
 - understand families care for each other in a variety of ways
- **Pupils learn about the physical changes associated with puberty**
Pupils:
 - are able to define puberty: the changes that occur sometime between 8-17 that turns us from children to young adults
 - identify physical changes associated with puberty
 - Understand that everyone's experience of puberty is different and that it begins and ends at different times
- **Pupils learn about menstruation and wet dreams**
Pupils:
 - can describe menstruation and wet dreams
 - can explain effective methods for managing menstruation and wet dreams
 - understand the relationship between the sex cells (sperm and ovum), menstruation and wet dreams

- **Pupils learn about the impact of puberty on physical hygiene and strategies for managing this**
 - Pupils:**
 - can explain how changes at puberty affect body hygiene
 - can describe how to care for their bodies during puberty
 - can recognise the similarities between the needs and wants of boys and girls and challenge gender stereotypes around hygiene and grooming

- **Pupils learn how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty**
 - Pupils:**
 - are able to describe how feelings and behaviour change during puberty
 - can devise strategies for managing these changes
 - understand how changes during puberty can affect relationships with other people

- **Pupils learn how strategies to deal with feelings in the context of relationships**
 - Pupils:**
 - are able to identify feelings and understand how they affect behaviour
 - can practise strategies for managing relationships and changes during puberty
 - can empathise with other people's feelings in relationships, including parents and carers

- **Pupils learn to answer each other's questions about puberty with confidence, to seek support and advice when they need it**
 - Pupils:**
 - can identify sources of information, support and advice for children and young people
 - can use appropriate language to discuss puberty and growing up with confidence
 - can answer their own questions about puberty and growing up

Year 6

- **Pupils learn about the changes that occur during puberty**
 - Pupils:**
 - can identify the physical, emotional and behavioural changes that occur during puberty for both males and females
 - understand that puberty is individual and can occur any time between 8-17
 - understand that body changes at puberty are a preparation for sexual maturity

- **Pupils learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact**
Pupils:
 - understand how our attitudes and values about gender and sexuality may be affected by factors such as religion and culture
 - can recognise and challenge gender stereotypes
 - understand how media messages affect attitudes, can cause inequality of opportunity and affect behaviour

- **Pupils learn what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships**
Pupils:
 - can identify positive qualities and expectations from a variety of relationships
 - can explain the similarities and differences between friendships and intimate relationships
 - can describe that there are different types of intimate relationships, including marriage
 - understand that sex or making love may be one part of an intimate relationship between adults

- **Pupils learn about human reproduction in the context of the human lifecycle**
Pupils:
 - understand that sexuality is expressed in a variety of ways between consenting adults
 - know that sexual intercourse may be one part of a sexual relationship
 - can describe how babies are made and explain how sexual intercourse is related to conception
 - can name the male and female sex cells and reproductive organs

- **Pupils learn how a baby is made and grows (conception and pregnancy)**
Pupils:
 - know the male and female body parts associated with conception and pregnancy
 - can define conception and understand the importance of implantation in the womb
 - know what pregnancy is, where it occurs and how long it takes

- **Pupils learn about roles and responsibilities of carers and parents**
Pupils:
 - can identify some of skills and qualities needed to be parent and carer
 - understand the variety of ways in which parents and carers meet the needs to be a parent and carers meet the needs of babies and children
 - can recognise that both men and women can take on these roles and responsibilities

- **Pupils learn to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it**

Pupils:

- can answer their own questions about sex and relationships
- can use appropriate language to discuss sex and relationships and growing up with confidence
- can identify sources of information, support and advice for children and young people.

Training of staff

All staff members at the school will undergo training on a yearly basis to ensure they are up-to-date with the sex and relationship education programme.

Training of staff will also be scheduled around any updated guidance on the programme and any new developments which may need to be addressed in relation to the programme.