



# Cathedral

## Primary School

Name of Policy	Sex and Relationship Education Policy
Author of Policy	Sara Yarnold
Date approved by Governors	12 <sup>th</sup> September 2013
Date to be reviewed	By End of Academic Year 2015

### Introduction

Sex and Relationships Education can be defined as: 'Lifelong learning about sex, sexuality, emotions, relationships and sexual health. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes.' (National Children's Bureau Sex Education Forum 1999)

SRE is one of the strands of Personal, Social, Health and Economic Education.

### Aim

Children will:

- Develop confidence in talking, listening and thinking about feelings and relationships
- Develop understanding of their own emotions and develop empathy for others
- Recognise feeling safe and unsafe and know how to ask for help and support
- Understand what bullying is and know what to do if they think they or someone else is being bullied.
- Be able to use the correct terms for body parts and describe how their bodies work
- Be able to describe the changes that take place during puberty and explore how these changes might make them feel.
- Understand how babies are made and born.
- Understand the importance of sex as part of a loving, trusting relationship
- Develop skills for making healthy, mutually supportive relationships
- Understand that relationships take different forms, including same sex relationships
- Develop a critical awareness of images and messages in popular culture and the media that portray bodies and sexuality in a way that reinforces stereotypes

### Principles and values

At Cathedral Primary School, SRE is taught within the context of the school's aims and values. We believe that SRE should be:

- Inclusive
- Positive
- Safe
- Empowering
- Engaging
- Age appropriate

### Working with Parents

The school is committed to a supportive working relationship with parents. Under the Education Act of 1993 pupils can be withdrawn by their parents from SRE lessons. Parents wishing to exercise this right are invited to meet with the class teacher, who will explore the concerns of parents and discuss any impact that withdrawal might have on the child.