



Sex and Relationships Education

This is a brief overview of the objectives of our Sex and Relationships programme. All year groups are taught about relationships and feelings through SEAL (Social and Emotional Aspects of Learning). The following information is an outline of what will be taught in addition to SEAL as part of our PSE policy.

Foundation Phase

Reception / Year 1 - the children will have opportunities to name parts of the body in class and we will discuss that some parts of the body are 'private parts' (the parts covered when we go swimming) that should not be touched by anyone else (unless we need help with toileting, changing a baby's nappy, visiting the doctor when we are ill etc). The message to the children following these activities is that if anyone touches you in a way that you don't like, it is important to tell them to stop and that they tell an adult they trust about what has happened.

Year 2 - The pupils will take part in circle time and group activities to develop an understanding of the difference between appropriate and inappropriate touching. This will include using the correct terminology for external parts of the body (penis, testicles, breasts and vagina). These terms are introduced in the context of a circle time discussion that reinforces that these are 'private parts', parts covered when we go swimming that should not be touched by anyone else (unless we need help with toileting, changing a baby's nappy, visiting the doctor when we are ill etc).

The message to the children following these activities is that if anyone touches you in a way that you don't like, it is important to tell them to stop and that they tell an adult they trust about what has happened.

Key Stage 2

Year 3 - The children will consider what 'relationships' are and why they are important. They will discuss the importance of family relationships and will be encouraged to appreciate the uniqueness of each family. The children will talk about friendships in order to develop an understanding of the qualities displayed in loving relationships.

Year 4 - The children will investigate how they have changed since they were babies. They will complete activities that help them understand that change is a normal aspect of life and that physical growth and changes happen to all people at different rates.

Year 5 - The children will be able to explain the functions of the main organs of the body and differentiate between male and female. Through circle time activities and age appropriate video clips, the children will be able to understand the changes that take place during puberty (both physical and emotional). The children will know how to take care of their personal hygiene and opportunities will be given to discuss strategies to deal with the feelings caused by puberty. The children will be made aware of who they can talk to for support or advice.

Year 6 - The children will be sensitively taught to understand conception as a scientific process using teaching resources that are appropriate to the children's age and level of understanding. They will be taught about the importance of keeping healthy during pregnancy in order to have a healthy baby and how babies are born. They will understand that parents make choices on how babies are fed. The children will also discuss the need to take increasing responsibility as they mature and the importance of making good choices as they grow older. They will understand who they can talk to if they are worried / need support.

