



Turning potential into success

Healthy Relationships Policy

Our school will:

- Ensure that staff teaching PSHE education receive subject- specific training and regular updates, including in the teaching of sensitive issues
- Ensure that the school delivers age-appropriate sex and relationships education (both heterosexual and LGBT? relationships) that meet pupils' needs and contributes to safeguarding them from inappropriate sexual behaviours and sexual exploitation
- Ensure timely and appropriate learning about the physical and social effects of alcohol misuse
- Implement systems to effectively track pupils' progress in PSHE education and monitor pupils' engagement in extracurricular activities that develop their personal and social skills
- Raise teachers' expectations of the quality of pupils' work in PSHE education to ensure it is commensurate with expectations of pupils' work in other subjects
- Improve the quality of leadership and management in PSHE education by ensuring that subject leaders receive appropriate leadership training; designated time to meet with the PSHE team; and time to monitor and evaluate the quality of teaching and learning in PSHE education.
- Ensure Braidwood has an up to date SRE policy, which is made available for inspection and to parents.

Sex and relationship education is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of loving and caring relationships and the teaching of sex, sexuality, sexual orientation and sexual health.

Research demonstrates that good, comprehensive sex and relationship education does not make young people more likely to become sexually active at a younger age.

This policy:

- Defines sex and relationship education;
- Describes how sex and relationship education is provided and who is responsible for providing it;
- Says how sex and relationship education is monitored and evaluated;
- Includes information about parents' right to withdrawal; and

- Will be reviewed regularly, having regard to:
 - Sex and Relationship Education Guidance (DfEE 0116/2000)
 - Sex and Relationships Education (SRE) for the 21st Century (Brook, PHSE Association and Sex Education Forum 2014)

Moral and Values Framework

Sex and relationship education will reflect the values of the PSHE programme. SRE is taught in the context of relationships.

In addition SRE will promote self-esteem and emotional health and wellbeing and help them form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others, at home, school, work and in the community.

Aims and Objectives for ‘Healthy Relationships’

(Sex and Relationship Education)

The aim of SRE is to provide children with age appropriate information, explore attitudes and values and develop skills in order to empower them to make positive decisions about their health related behaviour.

This should take place with consideration of the qualities of relationships within families.

The objectives of Sex and Relationship Education are:

- To provide the knowledge and information to which all pupils are entitled
- To clarify/reinforce existing knowledge
- To raise pupils’ self-esteem and confidence, especially in their relationships with others;
- To help pupils understand their sexual feelings and behaviour, so they can lead fulfilling and enjoyable lives;
- To help pupils’ develop skills (language, decision making, choice, assertiveness) and make the most of their abilities.
- To help pupils’ understand that we are all equal regardless of sexual orientation, gender identity or transgender identity
- To provide the confidence to be participating members of society and to value themselves and others;
- To help gain access to information and support

- To develop skills for a healthier safer lifestyle
- To develop and use communication skills and assertiveness skills to cope with the influences of their peers and the media
- To respect and care for their bodies
- To be prepared for puberty and adulthood

The teaching programme for Sex and Relationship Education Legal requirements

All schools must teach the following as part of the National Curriculum Science Orders, **from which, parents do not have the right to withdraw their child/children.**

National Curriculum Science is a statutory instrument and includes the direction that teaching must include:

1. That animals, including humans, move, feed, grow, and use their senses and reproduce.
2. To recognise and compare the main external parts of the bodies of humans and reproduce.
3. That humans and animals can reproduce offspring and these grow into adults.
4. To recognise similarities and differences between themselves and others and treat others with sensitivity.
5. That the life processes common to humans and other animals include nutrition, growth and reproduction.
6. Reproduction in humans (as an example of a mammal), including the structure and function of the male and female reproductive systems, menstrual cycle (without details of hormones), gametes, fertilisation, gestation and birth, to include the effect of maternal lifestyle on the foetus through the placenta

About the main stages of the human life cycle:

- Every child is entitled to receive SRE regardless of ethnicity, gender, religion, age, culture, disability, sexual orientation, gender identity, language, special needs, disadvantaged and looked after children.
- It is our intention that all children have the opportunity to experience a programme of 'Healthy relationships' SRE at a level which is appropriate for their age and physical development with differentiated provision if required.
- Such a programme can successfully follow the outline given below;

- Children learn about the concept of gender and about young animals. In ongoing PSHE work, they develop skills to form friendships and think about relationships with others.
- Through work in science children learn about life cycles of some animals, understand the idea of growing from young to old and learn that all living things reproduce. They learn about the importance of personal hygiene to maintain good health. In RE and Citizenship children reflect on family relationships, different family groups and friendship. They learn about rituals and traditions associated with birth, marriage and death and talk about the emotions involved.
- They begin to co-operate with others in work and play and begin to recognise the range of human emotions and ways to deal with them. They also learn about personal safety.
- In science children build on their knowledge of life cycles and learn about the basic biology of human reproduction including the birth of a baby.
- Children are taught about the physical, emotional and social changes at puberty, which include personal hygiene. In RE and Citizenship, they continue to develop an understanding of relationships within a family, between friends and the community and that there are different patterns of friendship. They will develop skills needed to form relationships and to respect other people's emotions and feelings. They will consider how to make simple choices and exercise some basic techniques for resisting pressures.
- Sex and relationship education should focus on the development of skills and attitudes not just the acquisition of knowledge.

The organisation of Sex and Relationship Education

- Mrs Karen Saywood, Head teacher is the designated teacher with responsibility for coordinating sex and relationship education.
- Sex and relationship education is delivered through science, RE, PSHCE, Science, English activities, whole day programmes and drama in education provided by Loudmouth Theatre.
- Sex and relationship education is taught by teachers, teaching assistants and if appropriate, outside visitors.
- A range of teaching methods which involve children's full participation are used to teach sex and relationship education. These include use of video, discussion, looking at case studies, drama and role-play.
- Teaching and resources will be differentiated as appropriate in order for all learners to have full access to the content of sex and relationship education.

- Sex and relationship education is usually delivered in mixed gender groups however; there may be occasions where single gender groups are more appropriate and relevant.
- Sex and relationship education is monitored and evaluated by Mrs Saywood as part of the school's development plan. As a result of this process changes will be made to the sex and relationship education programmes as appropriate.

Specific Issues

Parental consultation

- The school informs parents when aspects of the sex and relationship programme are taught and provides opportunities for parents to view the videos and resources being used, as requested..
- Parents have the right to withdraw their children from those aspects of sex and relationship education, not included in the National Curriculum Science Orders, where alternative work would be set.
- However, this rarely happens, by working in partnership with parents they recognise the importance of this aspect of their child's education.

Child Protection / Confidentiality

- Teachers need to be aware that effective sex and relationship education, which brings an understanding of what is and is not acceptable in a relationship, may lead to disclosure of a child protection issue.
- The staff member will inform the Head Teacher /Designated Child Protection person in line with the school's procedures for child protection.
- A member of staff cannot promise confidentiality if concerns exist.

Links with other policies

- This policy is linked with the following policies:
 - PSHE
 - Equal Opportunities
 - Child Protection
 - Behaviour
 - Anti Bullying
 - These policies can be found on the school website and on Google drive

Use of visitors

- “Visitors should complement but never substitute or replace planned provision. It is the PSHE coordinator’s and teachers’ responsibility to plan the curriculum and lessons.” Sex and Relationship Guidance DfEE 0116/2000 P 29 6.11

Monitoring and Evaluation

- Monitoring is the responsibility of the head teacher, named governor and teacher with responsibility for sex and relationship education.
- The school will assess the effectiveness of the aims, content and methods in promoting learning by lesson observation, sampling teachers planning, questionnaires to teachers and children and feedback from parents.
- The effectiveness of the SRE programme will be evaluated by assessing learning and implementing change if required.
- SRE issues will be included in the induction programme for all new members of staff.