



SEX & RELATIONSHIPS EDUCATION POLICY

INTRODUCTION

Sex Education is required to be provided in schools. At Mount Charles we consider that, taught within a moral framework, it is an essential element of our task in preparing young people for responsible adulthood.

The Governors, therefore, agree to Sex Education being part of our curriculum. We will deal with those areas we think are appropriate, knowing that our partner secondary schools follow-on the programme effectively from Year 7.

GUIDANCE

Context: Sex Education will be delivered through:

- Elements of our P.S.H.E. curriculum (i)
- Aspects of our Science curriculum (ii)
- Specific lessons (iii)

and underpinned by our 'Pastoral support'.

(i), (ii) details of these programmes are contained in our long-term curriculum map.

PARENTS/CARERS:

- Have a right to withdraw their child from any or all parts of the Sex Education curriculum except statutory elements. They are informed of this through our prospectus and specific letters (see Appendix).
- Do not need to explain their reasons nor indicate how they intend to provide this education for their child.
- We will comply with a request for withdrawal until a parent/carer revokes it.

SPECIFIC LESSONS

Sex Education is an area that needs to be dealt with sensitively. Lessons will be delivered to boys and girls at the same time. However, we will provide separate opportunities for discussions about issues such as puberty. Both male and female members of staff will be present during lessons with separate discussions with girls led by a female staff member.

Most specific teaching will occur at Year 6, using a series of 'videos' (see 'resources'). However, depending on the maturity of the pupils, we will deal with issues such as puberty earlier if necessary.

The following guidelines are used:

An appropriate female member of staff speaks to the 5th and 6th year girls. Her role is to ensure:

- That all girls are aware of the fact that periods are a natural and normal process in life, but that not all girls will start their periods at the same time, they will mature and develop at different ages.
- They know what to wear when they have a period. Sanitary towels, tampons and pants-liners are introduced and towels are recommended.
- They are aware of the facilities made available to them at school for changing etc. when they have a period.
- That they feel able to come and chat to her and any members of the female staff, should their period begin at school, or if they have any other problems.
- That they are particular about personal hygiene. There is no reason why they should not bath or wash their hair while they have a period. As they develop they must wash more frequently as they will perspire. They may wish to use deodorant.
- That they should not consider periods as dirty or unnatural.
- That, as far as possible, fears are alleviated and the girls feel confident and at ease about this change in their life.

For Year 6 boys, a male Teacher will discuss questions arising from specific lessons, which particularly relate to boys and which they may be too shy to answer in mixed company. Changes in their bodies are discussed more fully. Periods, in terms of the problems which the girls may be experiencing, are discussed. The importance of personal hygiene is stressed. It is also emphasised that the boys may, at any time, discuss any problems or queries with the male member of staff, or indeed, any male Teacher.

As numbers of pupils mature earlier, school will make a judgement as to whether, with parental agreement, some or all Year 5 pupils are included in lessons around videos 1 and 2 which are followed by the above discussions.

RESOURCES AND CONTENT

There are specific areas we feel it is more appropriate to discuss in detail in the home context or which will be followed up in secondary school, such as HIV, aids, contraception, homosexuality. If questions arise we will address them generally and carefully, but suggest children discuss them with parents/carers.

Year 6 pupils will view the following related videos, which will then be followed by the general discussion described earlier.

Year 5 pupils may be included in lessons around videos 1 and 2, if appropriate.

- (1) Growing Up Birthdays and examples of birth in other animals, leading to examples of growing up.
- (2) Changes Discusses changes to boys and girls as they grow up.
- (3) How Babies Are Made Discusses relationships and partnerships. Explains sexual relationships and intercourse in a caring relationship and how pregnancy occurs (possibly at a different time in the year).
- (4) How Babies are Born Explains the biology behind and shows actual birth.

These materials are from the series on Teachers' TV: All About Us: Living and Growing (Channel 4) and are stored on K:\PSHE.

APPENDIX 1

SPECIMEN LETTER TO PARENTS

Dear Parents/Guardians,

Next week, as part of the Year 6 Personal, Social and Health Education Curriculum, we will be covering a short topic on Sex Education. This will focus on how bodies change as children go through puberty.

In the first session, on, both boys and girls will be split into separate groups to discuss the physical and emotional changes they are likely to experience.

For the next three sessions all children will watch a series of sex education videos together. These talk about puberty, show children talking about their own experiences and go on to focus on an adult couple preparing for the birth of their first child. Finally the video also tells children about conception and birth. After each video there will be a Question and Answer session relevant and appropriate to the material viewed.

The videos are available in school to anyone who wishes to view them.

You have a right to withdraw your child from the Sex Education lessons, although we suggest they do take part at this age. We are happy to explain any aspects of our policy to you.

If you do not want your child to view these programmes or take part in these sessions then let us know, in writing, by

Yours sincerely,

Classteachers

APPENDIX 2

SPECIMEN LETTER TO PARENTS

Dear Parents/Guardians of Year 5 Girls,

Next week, as part of the Year 6 Personal, Social and Health Education Curriculum, we will be covering a short topic on Sex Education. This will focus on how bodies change as children go through puberty.

In the first session, both boys and girls will be split into separate groups to discuss the physical and emotional changes they are likely to experience.

For the next session all children will watch a sex education video together. This talks about puberty and shows children talking about their own experiences. After the video there will be a Question and Answer session relevant and appropriate to the material viewed.

The video is available in school to anyone who wishes to view it.

If you feel that your Year 5 daughter is ready to watch this DVD and take part in the talk about changes, then please indicate below and return.

Yours sincerely,

Classteachers

REPLY SLIP

Yes, I would like my daughter (name) to take part in the sex education talk and watch the DVD.

Signed: (Parent/Guardian)