



SEX EDUCATION POLICY

"The life which God gives man is quite different from the life of all other living creatures, inasmuch as man, although formed from the dust of the earth, is a manifestation of God in the world, a sign of His presence, a trace of His glory".

Introduction

Why teach sex education.

1. It is the prime responsibility of parents to provide their children with education in matters of sexuality. Children come to school from a wide variety of backgrounds and home circumstances and therefore particularly where parents are not confident or are unable to answer questions on matters of sex without embarrassment the school is able to support parents in meeting children's needs.
2. In a changing world with children and young adults being surrounded by unhelpful and unhealthy perspectives on sexual matters in the press and on T.V. there is a responsibility on Catholic educators to counteract these pressures by providing sex education which is based upon the Church's teaching that sex is a gift from God that enriches our lives and is a positive influence.
3. Children do have a natural curiosity and have enquiring minds. Children need to be well informed with positive and accurate information on sexual matters. Parents and teachers should lay the foundations together for a healthier attitude towards sexuality in later years.
4. As they move towards puberty children need to understand the bodily changes that are taking place and to comprehend and explore their emotional feelings. Children need reassurance that these changes are normal.
5. Experience shows that most parents are pleased that the school can both support their own sex education initiatives and also that the school is prepared to provide a lead in such matters.

From Education in Sexuality C.E.S.

Objectives of Education in sexuality

1. To engender growth in self-respect and self worth, recognising that each of us is created in the image of God.
2. To explore the meaning and value of life, and give some appreciation of the values of family life.
3. To enable pupils to have some understanding that love is central to and the basis of meaningful relationships.
4. To enable Year 6 pupils to have some understanding of themselves, their own bodies, their emotional development, as they grow and change and have awareness of fertility, the constant fertility of the male and the cyclical fertility of the female, and the changes in feelings the monthly cycle brings.
5. To encourage pupils to be aware of their attitudes and values and have a sense of responsibility for themselves.

6. To correct mis-information.
7. To explain the process of human procreation.
8. To help pupils develop their critical faculties and be aware of the values conveyed by the media in relation to self-image and sexuality.

Principles

- Sexuality is a gift from God.
- We are made to love and be loved.
- What we say with our bodies should reflect what we mean in our hearts and minds.
- Mature Christian sexuality involves openness and commitment to others.
- Genuine love is creative.

Programme of study for Sex Education

Whilst sex education is the subject of a separate policy, it will be integrated into the curriculum as fully as possible. Pupils need to be aware of themselves and of the relationships they foster and develop.

Throughout the primary years the children from Reception class aged 4/5 to year 6 aged 10/11 will encounter a broad curriculum encompassing a range of topics related to growth and development, personal relationships, families and family life and the processes of reproduction in flowering plants and mammals.

Pupils should be taught:

Key Stage 1

1. Life Processes

- a) the differences between things that are living and things that have never been alive;
- b) that animals, including humans, move, feed, grow, use their senses and reproduce.

2. Humans as organisms

- a) to name the external parts, e.g. hand, elbow, knee, of the human body.
- b) that humans need food and water to stay alive;
- c) that taking exercise and eating the right types and amounts of food help humans to keep healthy;
- d) about the role of drugs as medicines.
- e) that humans can produce babies and these babies grow into children and then adults;
- f) that humans have senses which enable them to be aware of the world around

them.

Key Stage 1

Pupils should be able to:

- to understand the importance of valuing themselves and others;
- to recognise their membership of the family and recognise the roles of individuals in families;
- to understand growth and know themselves as male or female;
- to be able to name the main external parts of the body;
- to recognise that babies have special needs;
- to appreciate relationships, friends, family, working together, sharing, playing together;
- to know about rituals that mark life, and especially, birth, marriage, death;
- to recognise the range of emotions and how we deal with them;
- to know about being safe;
- to know the difference between good and bad touching;
- to appreciate that some diseases are infectious;
- to have awareness of personal health and safety, personal hygiene;

Pupils should be taught:

Key Stage 2

1. Life processes

- a)* that there are life processes, including nutrition, movement, growth and reproduction, common to animals, including humans.
- b)* that there are life processes, including growth, nutrition and reproduction, common to plants.

2. Human organisms

- nutrition*
 - a)* the functions of teeth and the importance of dental care;
 - b)* that food is needed for activity and for growth, and that an adequate and varied diet is needed to keep healthy.
- circulation*
 - c)* a simple model of the structure of the heart and how it acts as a pump;
 - d)* how blood circulates in the body through arteries and veins.
 - e)* the effect of exercise and rest on pulse rate.

<i>movement</i>	<i>f)</i>	that humans have skeletons and muscles to support their bodies and to help them to move.
<i>growth and reproduction</i>	<i>g)</i>	the main stages of the human life cycle;
<i>health</i>	<i>h)</i>	that tobacco, alcohol and the other drugs can have harmful effects.

Key Stage 2

Pupils should be able to:

- to value themselves as a child of God, and their body as God's gift to them;
- to understand that they grow and change throughout life;
- to understand what is meant by relationships within families, friends and communities;
- to develop an appreciation of what is involved in bringing up children and what responsibilities parents have;
- to become aware of the different patterns of friendship;
- to know the rituals celebrated in Church, marking birth, marriage and death;
- to be aware of their changing emotions and the need to respect other peoples' emotions and feelings;
- to begin to know about and understand the changes that come about through puberty (Year 5);
- to know and understand their own bodies and their need for personal hygiene;
- to know the names for the parts of the body;
- to know the basic biology of human reproduction;
- to appreciate that life is precious and a gift from God;
- to become aware of the choices they make and that there are good choices and bad choices;
- to become aware of the limits of acceptable social behaviour and develop the skill of saying 'No' where appropriate.
- to recognise the importance of forgiveness in relationships;

Year 5

We feel it is appropriate that the school Nurse talks to Year 5 during the Summer Term about the onset of puberty and the bodily and emotional changes involved. Boys and girls will be taught separately.

Year 6

In the transition year we feel it is appropriate that during the Summer Term the actual teaching of human reproduction is covered, in a safe and open environment. This has led to the creation of a week long programme. The parents support and help is requested in explaining and answering questions.

Areas covered include:

Creation	Unique nature of people
How bodies are different	How babies are made
Naming of the reproductive organs	Development of the child in the womb
Relationships	Growth – puberty
Families	Hormones
Love	Birth

Both boys and girls will receive teaching on menstruation as part of human development. A talk by the school nurse specifically to the girls on practical aspects also takes place.

Parent Information

1. Parents will be invited to view all resources used in school in providing sex education for pupils - books, visual audio aids, pamphlets, video resources etc.
2. Parents will be invited to a meeting with Staff and the School Nurse to discuss matters of sexuality. Parents will be asked for their consent in providing a programme of sex education for pupils in Year 6
3. Parents also have the right to withdraw their child from any sex education programme at school.
4. The school would endeavour to enlist help from outside agencies e.g. professional Theatre Groups for role-play where it would be felt to be appropriate and beneficial. Parents would be consulted before any such action was undertaken.

Conclusion

In this essential but sensitive area of the curriculum, the governors and staff agree that there are three main elements to be developed:-

- Attitudes and Values
 - ~ learning the importance of values and individual conscience and moral considerations.
 - ~ learning the value of family life, marriage and stable and loving relationships for the nurture of children.
 - ~ learning the value of respect, love and care.
 - ~ exploring, considering and understanding moral dilemmas; and
 - ~ developing critical thinking as part of decision-making.
- Personal and Social Skills
 - ~ learning to manage emotions and relationships confidently and sensitively.
 - ~ developing self-respect and empathy for others.
 - ~ learning to make choices based on an understanding of difference and with an absence of prejudice;
 - ~ developing an appreciation of the consequences of choices made;

- ~ managing conflict; and
- ~ learning how to recognise and avoid exploitation and abuse.

➤ Knowledge and Understanding

- ~ learning and understanding physical development at appropriate stages;
- ~ understanding human sexuality, reproduction, emotion and relationships at the appropriate time.