



Sex and Relationships Education (SRE) Policy

Written in accordance with the DfE guidance document 'Sex and Relationship Education Guidance (ref DfE 0116/2000)

Review Date: October 2019 (or to meet new legislation and practices)

Rational

Sex and relationship education should contribute to promoting the spiritual, moral, cultural, mental and physical development of pupils at school and of society and preparing pupils for the opportunities, responsibilities and experiences of adult life.

What is sex and relationship education?

It is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality, and sexual health. It is not about the promotion of sexual orientation or sexual activity – this would be inappropriate teaching.

Aims

SRE in our school aims for pupils to:

- develop confidence in talking, listening and thinking about feelings and relationships
- are able to name parts of the body and describe how their bodies work
- can protect themselves and ask for help and support
- are prepared for puberty

How is SRE provided?

Pupils need to be given accurate information and helped to develop skills to enable them to understand difference and respect themselves and others and for the purpose also of preventing and removing prejudice.

A planned, progressive programme of SRE *gradually and appropriately* begins to prepare our children for adult life. It teaches the skills they need to fully manage the natural physical and emotional changes that will happen to them as they grow and mature into healthy, confident and responsible adults.

In line with national recommendations, SRE at Forest Academy will be delivered through the PHSE, Science, SEAL and Citizenship frameworks. Forest Academy follows Islington's Scheme of Work for SRE which is led by the class teachers through discussions.

SRE is taught to each year group, starting in Reception.

SRE at Forest Academy should cover the following areas:

Attitudes and Values

- Learning about the values of family life and stable relationships
- Learning the value of respect, love and care
- Exploring, considering and understanding moral dilemmas

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 understanding of differences and with the absence of prejudice
- Providing opportunities for young people to develop the ability to understand the consequences of their decisions and actions
- To manage conflict

Knowledge and Understanding

- Information about healthier, safer lifestyles
- Physical development
- Emotions, relationships and reproduction

We will also develop pupil's sensitivity and tolerance towards others through:

- RE and collective worship
- Circle Time
- SEAL

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.

SRE and Science Curriculum

SRE will be taught alongside the new science curriculum. Parents do not have the right to withdraw their child/children from these science lessons.

Working in Partnership with Parents

Parents are the key people in:

- Teaching their children about sex and relationships
- Maintaining the culture and ethos of the family
- Helping their children cope with the emotional and physical aspects of growing up
- Preparing them for the challenges and responsibilities that sexual maturity brings

The school is committed to working with parent and carers and informs parents by letter when pupils will be studying SRE.

Parents have the right to withdraw their children from all or part of the SRE provided except for those parts included in the statutory National Curriculum. Parents are asked to contact the class teacher or Principal who will be available to discuss any concerns.

Working with the Wider Community

Elements of sex and relationship education are also provided by a range of people in the wider community including health professionals, social workers, youth workers and visitors. If people other than school staff support SRE provision, they will be made aware of and agree to abide to our SRE policy before any support is given.

Confidentiality and Child Protection

SRE will take place in a secure and supportive environment however the children will be made aware that teachers **cannot** offer unconditional confidentiality. All staff involved in delivering and supporting SRE should be alert to the signs of abuse, neglect and exploitation. The school has a separate Child Protection Policy. Effective SRE may bring about disclosures of child protection issues and staff should be aware of the procedures for reporting their concerns.

Review and Monitoring

The Sex and Relationships Education Policy is reviewed every two years by governors. The SRE programme is monitored by the PSHE Co-ordinator.

Equal Opportunities

The school is committed to the provision of SRE to all of its pupils. Our programme aims to respond to the diversity of children's heritages, cultures, faiths and family backgrounds.