

# Sex and Relationship Education



Information session for parents

Wednesday 22nd March 2017

# Aims

- To provide the context, principles and practice for teaching high-quality Sex and Relationships Education
- To become familiar with the school SRE programme

# Our Programme

- Our programme promotes the following values;
- respect, love and care
- the importance of family life, marriage, and stable and loving relationships for the nurture of children;
- the need to explore, consider and understand moral dilemmas;
- the importance of critical thinking as part of decision-making.

# Where do children learn about sex and relationships?

Parents/carers?

Friends?

School? Lessons/playground?

Magazines?

Television?

Internet?

What would be our preferred options?

# Putting SRE into context

- More than ever before, children are exposed to representations of sex and sexuality through the media and the social culture around them
- Rates of STIs and teenage pregnancy in the UK are worryingly high – as is the regret felt by young people after early sexual experiences
- Parents say they want the support of schools in providing SRE for their children
- Research consistently shows that effective SRE delays first sexual experience and reduces risk taking
- Surveys of children and young people have repeatedly told us SRE tends to be “too little, too late and too biological”

# Starting Point

- We all want what is best for children.
- We want to protect children and to keep them safe.
- We want children to be healthy and happy.

High quality SRE is part of this.

# The main aim for SRE in primary schools

- To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings (without fear)

# 2014 National Curriculum Science

## Key Stage 1: Year1

Living things and their habitats: animals including humans

- identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense



# Key Stage 2: Year 5 Science

## Living things and their habitats

- describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- describe the life process of reproduction in some plants and animals

## Animals including humans

- describe the changes as humans develop to old age

# Key Stage 2: Year 5 Science

## Notes and Guidance

- Pupils should find out about different types of reproduction, including sexual and asexual reproduction in plants, and sexual reproduction in animals.
- They might observe changes in an animal over a period of time (for example, by hatching and rearing chicks), comparing how different animals reproduce and grow.
- Pupils should draw a timeline to indicate stages in the growth and development of humans. **They should learn about the changes experienced in puberty.**
- Pupils could work scientifically by researching the gestation periods of other animals and comparing them with humans; by finding out and recording the length and mass of a baby as it grows.

# Parental Rights

- Parents/carers have the legal right to withdraw their children from the SRE included in the PSHE Education curriculum (as that is non-statutory)
- **But** not from the Sex Education included in the National Curriculum Science Orders

The learning outcomes of our programme will be that pupils will:


- know and understand physical development at appropriate stages;
- be able to learn to manage emotions and relationships confidently and sensitively;
- developing self-respect and empathy for others
- understand that they are in control of their bodies

**BBC ACTIVE**

**Whiteboard Active**

# Sex and Relationship Education

PSHE AGE 9-11



Release the power of video!

Site licence

New Edition 2010



## The Christopher Winter Project Teaching SRE with Confidence in Primary Schools

sex and relationships education  
lesson plans and resources for years 1-6

sex and relationships education  
lesson plans and resources for years 1-6



# Year R (CWP)

## 1: Our Day

- Sequencing events

## 2: Keeping Ourselves Clean

- Personal hygiene

## 3: Families

- Different family groups

# Year 1 (CWP)

## 1: Keeping Clean

- Personal hygiene

## 2: Growing and Changing

- How babies change as they grow up

## 3: Families and Care

- Who to ask for help

# Year 2 (CWP)

## 1: Differences; boys and girls

- Exploring and challenging stereotypes

## 2: Differences; male and female

- Male and female animals

## 3: Naming the body parts

- Similarities and differences



# Year 3 (CWP)

## 1: Differences; male and female

- Naming body parts

## 2: Personal Space

- Different types of touch. Saying no

## 3: Family differences

- Different types of family
- Who to go to for support

# Year 4 (BBC Active)

## Unit 3 – Feelings

- Managing different feelings
- Respecting feelings of others
- Acceptable and unacceptable contact
- Communicating safely via the internet
- Asking for help

## Unit 4 – Family Life

- Different family patterns
- Marriage and partnerships
- Celebrating events

## Unit 5 – Friendships

- Different friendship groups
- Helping others
- Getting friendships right
- When friendships go wrong

# Year 5 CWP & BBC

## **CWP (Y4 units)**

### 1. Human lifecycle

- Describing the main stages

### 2. Puberty

- Basic facts

### 3. Puberty changes and reproduction

- How puberty is linked to reproduction

# Year 5 CWP & BBC

## **CWP (Y5units)**

1. Talking about puberty
  - Emotional and physical changes
2. Male and female changes
  - How puberty affects the reproductive organs
3. Puberty and hygiene
  - How to keep clean during puberty

## **BBC Unit 1 Growing Up**

Body changes, periods, wet dreams, hygiene, emotional changes, feeling positive about yourself, different feelings for different people

# Year 6 CWP & BBC

## CWP

1. Puberty and reproduction
  - How body changes in preparation for reproduction
2. Understanding relationships
  - Different types of adult relationships
3. Conception and pregnancy
  - The process explained
4. Communicating in relationships
  - Positive and negative ways of communicating in a relationship

# Year 6 CWP & BBC

## Unit 2 – Cycle of Life

- Sexual reproduction, birth, caring for babies, sexuality, loss and change