



Sex and Relationships Education Parents Guide

A summary to our whole school approach.



Why is SRE important?

SRE aims to support children's emotional development by educating them about relationships and emotions. It is tailored to the age, physical and emotional maturity of the children.

SRE is not a "one off" event but an ongoing process of education that begins in the foundation stage. From an early age children begin to learn about relationships and are taught how to express their feelings. SRE links with work in other subjects such as PHSE. Towards the end of primary school children will learn about puberty, the importance of stable loving relationships, understand how a baby is conceived and the importance of marriage for family life.

Our children learn about sex even if we don't talk with them about it. Some of the things they learn are incorrect, confusing and potentially frightening. In a world where sex is used to sell things from food to fast cars and celebrities' become everyone's business, we should talk to our children to help them make sense of it all.

It is crucial that we support our children in feeling good about themselves and their bodies. At the heart of this, we work to ensure that children develop high self esteem.



Our aims

- To educate children about relationships, focusing on friendships, bullying etc – supporting children's emotional development and improving self esteem.
- To develop personal and social skills and a positive attitude to physical development.
- To help children to grow up feeling confident about their emotional and physical development.
- To educate children about health issues and personal hygiene.
- To educate children about age appropriate developmental issues, including puberty, onset of adolescence, conception and the birth of a baby.
- To begin to give pupils an understanding of the issues that will prepare them for the challenges and responsibilities of emotional, moral and sexual maturity.
- To promote pupils' moral and social development and prepare pupils for the responsibilities of life, supporting them on their journey through childhood and adolescence to adulthood.



The content of SRE

Formal SRE will be taught through compulsory science lessons and during PHSE lessons.

In Science children will learn:

Key stage 1

- identify, name, draw and label the basic parts of the human Body and say which part of the body is associated with each sense.
- to notice that animals including humans, have offspring which grow into adults.
- Describe the importance for humans of exercise, eating the right amounts of different types of food and hygiene.

Key Stage 2

- Identify that humans and some other animals have skeletons and muscles for support, protection and movement.
- 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.
- Describe the changes as humans develop to old age.



Your right to withdraw your child

You **may not** withdraw your child from the parts of SRE covered in Science as these form a statutory part of the Science curriculum.

You may withdraw your child from the SRE not covered in Science. In making this decision please consider the Following:

- How will your child learn this information
- The fact that your child will no doubt hear about the content of the lessons from other children and this may be an inappropriate and unsafe way.

If you are considering removal of your child please contact the head or learning mentor before making any decisions so that your concerns can be discussed. If you still plan to remove your child after discussions then your decision must be given in writing.



Contacts and Guidance

If you have any questions or concerns about your child and SRE there are several lines of support for you.

At school you can contact Miss Stevens, Learning Mentor or Mrs Murphy Deputy Head Teacher.

Alternatively you may wish to contact different organisations that offer support and guidance in this area.

The sex education forum, National Children's Bureau
www.sexeducationforum.org.uk

Family lives (previously parent line plus)
www.familylives.org.uk 08088002222

Remember if your child asks a question think carefully about what they are asking. It is possible to rush in and give a much fuller response than the child actually needs. It could be that they have just "heard words" used and are unsure what they mean.

You might find the book "Questions children ask" by Miriam Stoppard useful and we have a copy in school that you can borrow.