



Woodlands Primary School

Sexual Health and Relationships

Revised September 2019

Sexual Health and Relationships Policy

1. Introduction

As a Health Promoting School, Woodlands School promotes health in its widest sense. We ensure that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future. Development of self-esteem and resilience is central to this.

Learners develop an understanding of how to maintain positive relationships with a variety of people and are aware of how thought, feelings, attitudes, values and beliefs can influence decisions about relationships, and sexual health. They develop their understanding of the complex roles and responsibilities of being a parent or carer.

Recent research by the World Health Organization shows that:

- School programmes are more effective when delivered *before* sexual activity begins
- Good education will *not* bring forward sexual relationships and in fact can *delay* the onset of sexual activity.

Sex and Relationships Education at Woodlands Primary School is presented in an honest, objective, balanced and sensitive manner within a framework of sound values.

2. What is Sex and Relationships Education?

Sex and relationships education begins in the home when children begin to explore and understand their feelings and first become aware of their own bodies. Children are bombarded with images of sexuality in their daily lives through television, magazines, friends etc. School and Parents need to work together to help children make sense of these messages.

It is becoming increasingly recognized that sex and relationships education should not be a “one off” as children go through puberty, but should be gradually developed as an integral part of growing up.

At Woodlands we believe that sex and relationships education is about the teaching of growing up, sexuality and sex through an understanding of respect, love and care.

3. What the aims of our sexual health policy?

- ✓ help our pupils to make informed, responsible and healthy choices about their lives as they grow into adulthood.
- ✓ do this by building up their confidence, self-esteem and knowledge as they go through school
- ✓ teach children about the physical development of their bodies as they grow into adults
- ✓ teach children about the way humans reproduce

4 What will be taught?

Sex and relationships education is an integral part of Curriculum for Excellence and will be progressive throughout the school. This will be taught according to our agreed focused programme of age appropriate activities (see appendix one). Sex and relationships education will be delivered by the class teacher or, due to leave of absence, by the supply teacher. By the end of primary school we aim to make sure that both boys and girls know how their bodies change during puberty, what menstruation is, how babies are made and how babies are born.

From time to time, children will ask challenging questions. These will always be answered honestly, in language and depth appropriate to the age, maturity and emotional development of the child. If however the question is out with the sexual health remit, the pupil will be encouraged to discuss this at home. We will also provide pupils with opportunities to ask questions anonymously for example using an “ask it basket”.

Key features of our programme throughout the school are:

- Respect and caring for self and others
- Respect for individual differences
- Ways to express and deal with feelings and emotions
- Ways to keep safe
- Positive and supportive relationships

5 What type of activities will there be?

Classroom activities will include class discussion, group activities and the use of educational DVDs where appropriate. Health professionals e.g. School Nurse will also lead activities and may provide appropriate literature. Sometimes, children may be asked to undertake work that may involve parents, carers, extended family or friends. e.g. make a family tree, do a survey of eye colour.

The main DVD resource for P3 – P7 is the Living and Growing series, this will always be delivered by the main class teacher or, due to leave of absence, by the supply teacher. Parents will be offered an opportunity to view these programmes.

6 How will parents be consulted?

At Woodlands we believe that the best way of delivering effective sexual health and relationships education is through building positive and supportive communication with parents and carers. All parents have access to the school policy and programme for sexual health and relationships education. In addition, a leaflet will be sent home at Primary 3 -7 stages outlining the work which will be tackled.

From time to time parental information workshops may be offered, parental views may be asked for through a questionnaire, or parents may be invited to join working groups to update policy.

If a parent has *any* concern over the sex education being provided, they should contact the Class Teacher or Depute Head Teacher.

In certain circumstances e.g. matters of religious belief, parents or carers may feel it is more appropriate to deal with their child’s sex education at home. This should be discussed with the Depute Head Teacher so that appropriate alternative arrangements can be made.

7. How can parents help with sex and relationships education?

Parents can help by

- Making themselves aware of the school programme
- Being open and honest with their children
- Giving their children the opportunity to speak about issues discussed in school *if they want to*.

8. How is sex and relationships education monitored by teaching staff?

Both Class Teachers and Senior Management monitor sexual health and relationships education on an ongoing basis. Self-evaluation, questionnaires, discussion of plans and evaluation of resources are some of the techniques used.

10. *And finally*

Those involved in creating this policy – parents, pupils and staff - believe that in today's society, children need to be well informed so that they have the knowledge necessary to make the right choices in life.

11. Arrangements for Review

- This policy has been drawn up in consultation with parents, pupils, staff and health professionals.
- This policy will be reviewed regularly

Appendix One

Focused Programme for Sex and Relationships Education

The following focused programme will be delivered in Woodlands Primary School. This programme should be delivered by class teacher, or due to leave of absence, by the supply teacher.

Early Level (Nursery and Primary 1)

Friendships and relationships

- recognise their own feelings about themselves and towards others
- identify special people, animals, things
- explore ways in which special people care for them to share and to care for others

Similarities and Differences

- about different parts of the body
- about differences in size and shapes of bodies

Respect for myself and others

- where things come from and understand basic life cycles

First Level (Primary 2, 3 and 4)

Friendships and relationships

- about different feelings and emotions e.g. happy, sad, angry
- to extend vocabulary for communicating emotions and feelings
- about being part of a family
- about what being a friend means
- about roles of people who care for them e.g. doctor, police, school crossing patrol

Similarities and Differences

- that each person is unique
- about changes in the body
- to show awareness of the way their bodies grow and change

Respect for myself and others

- about how human life begins

Second Level (Primary 5, Primary Six and Seven)

Friendships and Relationships

By learning how to recognize and manage emotions and deal with situations, pupils will learn...

- ways of communicating effectively with others
- ways of making and keeping friends
- about issues around loss, grief and related emotions
- to reflect on experiences and ways of dealing with problems eg loss, bullying
- to recognise how puberty can change emotions
- to recognise the value of family and friendships

Similarities and Differences

By investigating personal needs and changes that happen, pupils will learn...

- to appreciate differences and the role of heredity
- about strategies to promote equal opportunities and take action on discrimination e.g. mental health and racial incidents
- the names of body parts using the correct terminology
- that gender should not impact on opportunities, abilities and talents
- about the changes at puberty for boys and girls
- about the process of menstruation
- to understand that each child is unique and will develop at different rates
- to evaluate own lifestyle pattern
- to recognise the implications of sexual development
- about the importance of personal hygiene during and after puberty
- about conception and childbirth at a basic level

Respect for Myself and Others

By investigating the impact of behaviour and pressures on relationships, feelings and self-confidence, pupils will learn....

- about ways in which people behave in different situations
- to practise strategies to deal with a range of situations e.g. when with friends, family
- to establish own sense of self worth, being oneself, but learning how to cope with others' expectations
- about gender roles and stereotypes
- about influences of self, peer and media on perception of body image
- to devise strategies to deal with peer and media influence that affect the choices they make
- to recognise the right to equal opportunities for all members of the community

Teachers will use a variety of materials, methodologies and resources to teach Sexual Health and Relationships Education such as:

- circle time,
- art and drama activities
- discussion
- television broadcasts and follow-up activities
- question box
- story books/picture books which are kept with the school's other health resources

These resources are available for parents to view

Some of the relationships and feelings topics may be tackled earlier eg bullying, loss depending on the needs of the children.