



# Sex and Relationships Education (SRE) at Bridgewater Primary School



# Why is SRE important?

Effective SRE is important to ensure that children grow up able to enjoy the positive benefits of loving, rewarding and responsible relationships, to be informed, comfortable with the changes during puberty, sexually healthy and emotionally safe.

Schools provide a safe place for children and young people to make sense of the information they have picked up from the media and also playground myths

*Sex and Relationships Education Guidance to Schools – Executive Summary*

# Your role

Parents play a vital role in providing the building blocks for healthy and fulfilling social and personal relationships while protecting their children and young people from harm. They should lead on instilling values, but schools have a clear role in giving young people accurate information and helping them to develop the skills they need to make safe and responsible choices.

# What is SRE?

Sex and relationships education (SRE) is learning about our bodies, health and relationships; with a particular focus on puberty and growing up, sexual health, sexual intimacy, dealing with emotions and managing personal relationships.

SRE is taught gradually, so that learning can be built up year-by-year in a way that is appropriate to the age and maturity of each child; responds to the needs they have, and enable them to successfully manage the challenges they face as they grow up.

SRE teaches children and young people to develop values, attitudes, and learn personal and social skills, and increase their knowledge and understanding to enable them to make informed decisions and healthier life choices.

SRE makes an essential and significant contribution to safeguarding children and young people during their school-age years and into the future. SRE should enable young people to develop skills and confidence to access professional advice and appropriate health services. It enables children to understand their physical and emotional development and enable young people to take increasing responsibility for their own health and wellbeing and that of others.

SRE has three main elements:

- 1) Values and Attitudes
- 2) Knowledge and Understanding
- 3) Personal and Social Skills

# Values and attitudes

Because of the personal and social nature of the topics covered in SRE, **values and attitudes** are a central part of learning and moral development. There are clear values that underpin SRE including:

- mutual respect,
- the value of family life, marriage and of loving and stable relationships in bringing up children
- rights and responsibilities, for self and others
- commitment to safety and wellbeing
- gender equality
- acceptance of diversity, and
- that violence and coercion in relationships are unacceptable

Children and young people should be supported to identify and develop these values as they progress through their school years. For example;

the importance of fairness, equity and caring for one another is introduced in the Early Years Foundation Stage friendships is a central thread of primary SRE the importance of respect and consent in intimate relationships is developed at secondary level.

The values in SRE are consistent with the values underpinning the National Curriculum, which aims to enable all children and young people to become:

- successful learners who enjoy learning, make progress and achieve;
- confident individuals who are able to live safe, healthy and fulfilling lives, and
- responsible citizens who make a positive contribution to society,
- and which promotes the spiritual, moral, cultural, mental and physical development of learners.

# Knowledge and understanding

SRE should also increase pupils' knowledge and understanding at appropriate stages by:

- learning and understanding emotional and physical development
- understanding human sexuality, reproduction, sexual health, emotions and relationships
- learning how to resist unwelcome pressures to be sexually active
- learning how to avoid unplanned pregnancy and STIs including learning about contraception and infection avoidance
- learning about pregnancy and the choices available
- learning about the range of local and national sexual health advice, contraception and support services available
- understanding the legal aspects of sexual behaviour
- learning about the links between sexual health and alcohol
- understanding the positive benefits of loving, rewarding and responsible relationships
- learning about the impact of coercion and violence and understanding that consent is critical.

# Personal and social skills

As well as knowing facts, it is important that children and young people develop **personal and social skills** to make informed decisions and life choices, including:

- learning to identify their own emotions and those of others
- managing emotions and relationships confidently and sensitively
- developing self-respect and empathy for others
- communicating openly and respectfully about sex and relationships
- making and carrying out decisions
- developing an appreciation of the consequences of choices made
- coping with and resisting unwelcome peer pressure
- managing conflict
- learning how to identify risk,
- recognising and avoiding exploitation and abuse, and
- asking for help and accessing advice and services.

# How we organise our lessons

- Predominately mixed-sex teaching although there maybe occasions where we would have boy and girl question time.
- Whole class and group discussions
- Mixture of discussions, DVDs and activities
- Ethos of support, understanding and care
- Provide lots of opportunity to ask questions

# Our resources and DVDs

- Girl Talk – How girl's bodies change and periods (Year 4/5)
- Boy Talk – How boy's bodies change, masturbation and wet-dreams (Year 4/5)
- How babies are made – Conception (Year 5)
- How babies are born – Birth (Year 5)
- Homosexual and Heterosexual – What the term 'Gay' means (Year 6)

# Speak Easy

***“A course for parents to help them talk to their children about sex and relationships.”***

The Speakeasy programme has been written by the Family Planning Association.

In its current format the Speakeasy programme expects parents to attend a total of eight two hour sessions!

# Speak Easy for Bridgewater

## **Overall objectives of the course:**

- To provide a safe and comfortable environment for learning.
- To develop parents confidence, sensitivity and skills in relation to their children's sex and relationship education.
- To help parents access relevant information and support in their role as sex and relationship educators.

**We would like to propose that we could deliver up to 4 sessions of approximately 90 minutes each. You may feel that sessions 3 & 4 are not necessary. Or we could offer them as optional for those parents who are interested because they may have older children.**