



# **Heath Mount Primary School**

## **Sex Education and Health**

### **Policy**

### **(Personal Development)**



#### [Rights Respecting Schools](#)

##### Article 29

Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures and the environment.

##### Article 34

Governments must protect children from all forms of sexual abuse and exploitation

## Rationale

At Excelsior we place Sex Education firmly within our Personal Development curriculum. We believe passionately that our Personal Development curriculum will give pupils the knowledge, skills and understanding they need to lead confident, healthy independent lives and to become respectful, active and responsible global citizens. Personal Development lies at the cornerstone of our MAT ethos; we are preparing children for life in modern Britain. We believe all our children can leave our schools confident and assured of their place in this diverse and changing world.

## Definition

Sex Education is about physical, moral and emotional development. It is about the understanding of stable and loving relationships, respect, love and care. It involves children acquiring information and being informed about the physical and emotional changes that happen during puberty. Central to the Sex Education and Health policy is the growth of self-esteem and taking responsibility for oneself and one's actions.

The word 'sex' is used in its widest form and focuses on differences in biological sex as well as sexual reproduction. As the children grow older, our aim is to help them become aware of, and understand the changes their bodies are starting to make as the emotional changes that they may start to feel.

## Aims

Our aims in Sex Education are to:

- Teach children the appropriate language to talk about themselves and their bodies and to be able to make informed choices about their bodies when they grow older.
- Inform children about the human reproductive cycle at an age-appropriate time.
- Enable pupils to understand and manage their own feelings and emotions as they experience adolescence.
- Promote attitudes of self-respect in our pupils and respect for others.
- Provide channels for our pupils to feel able to communicate their needs and be able to ask for help in an atmosphere where questions relating to sex and relationships can be asked and answered.
- Teach pupils about peer pressure and to have the confidence and skills to deal with unwanted pressure; understand that some parts of the body are private and what to do if someone is making you feel uncomfortable.
- Provide children with understanding about personal hygiene and germs, including bacteria, viruses, how they are spread and the importance of keeping our bodies clean.
- Provide clear information to parents and carers about the Sex Education and Health Education curriculum and content in an accessible way so that they can support what their child is learning in school with their own teaching at home.
- Ask for feedback on this Sex Education and Health policy from parents and carers before it is ratified by Governors and after any need for updating. We welcome constructive dialogue so that we reach a mutual understanding of the aims. We will provide opportunities for parents and carers to air their views about our curriculum and we will consider all views given.
- Provide opportunities for parents and carers to join the school in the delivery of Sex Education and Health Education. This will be achieved through parent workshops where materials will be shared.

## Planning

Sex Education and Health Education, is part of the Personal Development curriculum, and is delivered by class teachers in the last half term of each year group.

From Key Stage 1 onwards, if children mention their body parts, staff will use the correct names.

Planning will be provided by the Excelsior Personal Development Lead and Personal Development lead for each school in the Trust.

At Heath Mount School we will use Living and growing and teach Sex Education in the summer term in year groups 3, 4, 5 and 6. Schools are able to adapt the plans, should they wish, to meet the needs of their pupils. Schools may also wish to deliver the plans as they stand.

Year 3 – Naming body parts

Year 4 - Menstruation

Year 5- What is puberty and how does it affect us

Year 6 – How are babies made / reproduction

## Equality of Opportunity

We recommend in Year 5 and Year 6 children will be taught in single sex groups. This is to encourage children to ask questions in groups where they might feel more comfortable to do so.

Each Excelsior school will ensure where support is needed for a pupil with additional needs to access a Sex Education lesson, it is provided.

## The right to withdraw

Parents / carers may withdraw their child from Sex Education and Health Lessons. Each school in the trust will inform parents / carers before the lessons are delivered to each year group via letter home. Parents will be invited to view the lessons and resources in order to make an informed choice about the content before withdrawing their child.

## Assessment, record keeping and monitoring

Assessment of the Sex Education and Health education will be monitored through sensitive pupil voice interviews in small groups at the end of the term where the lessons were delivered. Sex Education and Health lessons are often discussion-based, but recording may take place in class Personal Development log books or individual Personal Development books.

## Resources

The Personal Development lead in each school will provide lesson plans and resources for Sex Education and Health education. The Personal Development lead for Excelsior will support and provide resources and support for each school where needed.

All these resources will be available for parents to see on request.

### [Staff training](#)

The Personal Development lead for the Trust will lead staff CPD each year to ensure all staff are confident in their contribution to the Sex Education and Health policy as part of Personal Development.

### [Links with other policies](#)

This Sex Education and Health Policy should be read in conjunction with:

- The Excelsior Personal Development Policy (PD)

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