

**Name of policy: CHANGES POLICY**

Version	Date	Approved by governors	Description
1	July 2013	11.07.13	New policy
2	May 2016	16.05.16	Policy reviewed and two words added as highlighted
3	Autumn 2018	10.12.18	Policy reviewed and no changes made
4	Summer 2020	24.04.20	Policy reviewed and changes made
5	March 2021	12.07.21	Policy reviewed – no changes made
6	May 2023	12.06.23	Policy reviewed no changes made

This policy is due for review on: Summer 2024

Changes Policy: Sex Education

This policy is part of a broader curriculum area called 'Changes' which starts in year 1 dealing with changes from a baby to a child culminating in sex and relationship education for year 6.

Aims

- To promote and contribute to the children's lifelong learning about their physical, moral, and emotional development
- To help the children understand their own and others' lives and prepare them for adulthood.
- To understand that different sorts of change occur during our lives.

Sex and Relationship Education is an integral part of our PSHE, science and thematic work across the curriculum. This links across the school to give each child a balanced and progressive approach to this theme.

Objectives

These are the whole school objectives for teaching the theme of 'Changes' across the school

- To help and support pupils through their physical, spiritual, cultural, emotional and moral development at an appropriate level for their age
- To help children to develop skills and understanding which they need to live confident, healthy and independent lives
- To give children accurate information
- To develop skills necessary to understand differences and respect themselves and others
- To develop skills for the purpose of preventing and removing prejudice
- To begin to prepare children for the opportunities, responsibilities and experiences of adult life
- To teach sex and relationship education in consultation with our parents, respecting the diverse cultural and social environments of our families.
- To develop the skills to manage their emotions confidently and sensitively.
- To help them understand the importance of change and how to deal with this.

The Organization of Sex and Relationship Education

The objective of Sex and Relationship Education is to help support young people through their physical, emotional and moral development. The aim of the framework, is to help young people learn to respect themselves and others and move with confidence from childhood, through adolescence into adulthood

Sex and Relationship Education will be taught within the broader framework of the Foundation Stage Curriculum. There will be a whole school theme called 'Changes' with a



carefully worked out knowledge component and planned skills appropriate to each year group.

Attitudes and Values

- Learning the importance of values and individual conscience and moral considerations
- Learning the value of family life, and stable and loving relationships for the nurture of children
- Learning the value of respect, love and care
- Exploring, considering and understanding moral dilemmas
- Developing critical thinking as part of decision making

Personal and Social Skills

- Learning to manage emotions and relationships confidently and sensitively
- Develop confidence in talking, listening and thinking about feelings and relationships
- Be able to ask for help and support
- Developing self-respect and empathy for others
- Learning to make choices based on an understanding of difference
- Avoid prejudices
- Develop an appreciation of the consequences of choices made
- Managing conflict
- Learn how to recognize and avoid exploitation and abuse and the strategies to deal with this

Knowledge and Understanding

To include:

Science component

- To explore how humans and animals, move, feed and grow.
- To explore the life cycles of humans, animals and plants.
- To identify, name, draw and label the basic parts of the human body.
- To describe the changes experienced in puberty.
- To describe the changes as humans develop towards old age.
- Animals, including humans, and how they move, feed, grow, use their senses and reproduce.
- To recognize and compare the main external parts of the bodies of humans
- To recognize how the body changes including how to deal with issues around hygiene
- Humans and animals can produce offspring and these grow into adults.
- Life cycles of plants, animals and humans
- Sex education. How humans change going through puberty.

PSHE component



- To build and maintain healthy relationships
- To show value and respect to diversity and difference
- To Learn and understand physical development at appropriate stages.
- Understanding human sexuality, reproduction, sexual health, emotions and relationships.
- To recognize similarities and differences between themselves and others and treat others with sensitivity.
- To understand how we change in terms of behaviour and opinions.

History component:

- Understand that some things change for the best.
- Understand the difference between change and progress.
- Study change over a long period of time through a line development.
- Discuss differences in lifestyle between periods of time and the present day.
- Draw simple conclusions as to why change has happened
- Discuss how the past has influenced the present and how the present will shape the future
- Compare different viewpoints
- Predict changes for the future based upon knowledge of the past

Geography Component

- Look at the changes of seasons, rural to urban landscapes, land use.
- Understand global issues and how the world is changing.
- Discuss moral issues around global warming, recycling, world energy resources and local issues.
- Be aware of the local environment and how this is changing. Discuss the reasons for this.

English Component

- Link what they read or hear read to their own experiences
- Predict what might happen based on what they have read so far providing a simple explanation.
- Discussing and clarifying the meanings of words, linking new meanings to known vocabulary
- Infer character's thoughts, feelings and motives using evidence and explanation

Teaching and Learning Styles

We base our teaching and learning style on the key principles of our Teaching and Learning Policy.

Sex and relationship education will be delivered through a variety of teaching methods and will be culturally appropriate and inclusive of all children.



There will be

- Class and group teaching
- Discussions and time for reflection
- Circle time
- Role-play
- Use of ICT
- Cross curricular links where appropriate

Through sex and relationship education, the children should:

- ◆ develop confidence in talking, listening and thinking about feelings and relationships
- ◆ be able to name parts of the body and describe how their bodies work
- ◆ be able to protect themselves and ask for help and support
- ◆ be prepared for puberty.
- ◆ develop a 'safe network of people.
- ◆ Make informed decisions.

Home/School Partnership

Highwood Primary School works in partnership with parents, as they are key people in the teaching of their children about sex and relationships within the culture and ethos of the family. The school's education programme complements this and supports their role.

Parents have the right to withdraw their children from all or part of the sex and relationship education provided at school except for those parts included in the statutory national curriculum. Parents should inform the head teacher of their wishes.

The school will encourage parents to attend a sex education 'evening' where any videos and support material will be shared, questions answered and issues discussed.

