



Sex and Relationships Education at Tenacres

What is SRE?

- It is the lifelong learning about relationships, emotional, moral and physical development.
- It is about building the knowledge and skills to enable children to make informed decisions as they move through to adolescence and eventually adulthood.
- It is about the understanding and importance of stable and loving relationships, family life, respect, love and care.

Why is it important?

- It helps children make sense of the world around them
- It supports children's emotional development and enables them to build a positive self-concept
- It prepares children for puberty
- It supports academic achievement
- It teaches them the correct terms for parts of the body.

Sex and Relationships Education in the Curriculum

Science: Statutory Programme of study: (N.C. 2014)	PSHE: Non-statutory Framework (NC, 1999)
<p><u>Key stage 1:</u> Pupils should be taught: * To identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.</p> <p>* To notice that animals, including humans, have offspring which grow into adults</p>	<p>Pupils should be taught: Developing a healthy, safer lifestyle: *About the process of growing from young to old and how people's needs change *The names of the main parts of the body *Rules for, and ways of, keeping safe...and about people who can help them to stay safe</p> <p>Developing good relationships and respecting the differences between people: *To recognise how their behaviour affects other people *To listen to other people, and play and work cooperatively *To identify and respect the differences and similarities between people *That families and friends should care for each other *That there are different types of teasing and bullying, that bullying is wrong, and how to get help to deal with bullying.</p>
<p><u>Key stage 2:</u> Pupils should be taught:</p> <p>*To describe the changes as humans develop from birth to old age.</p>	<p>Pupils should be taught: Developing confidence and responsibility and making the most of their abilities: *To recognise as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their family and others in a positive way</p> <p>Developing a healthy, safer lifestyle: *About how the body changes as they approach puberty *To recognise the different risks in different situations and then decide how to behave responsibly, including...judging what kind of physical contact is acceptable and unacceptable *That pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong</p> <p>Developing good relationships and respecting the differences between people: *That their actions affect themselves and others, to care about other people's feelings and to try to see things from their point of view *To be aware of different types of relationship, including marriage and those between friends and families, and to develop the skills to be effective in relationships *To recognise and challenge stereotypes *That differences and similarities between people arise from a number of factors, including cultural, ethnic, racial and religious diversity, gender and disability *Where individuals, families and groups can get help and support.</p>

What do children learn during SRE lessons at Tenacres?

	Question children will consider	Content areas
Age3-5	<ul style="list-style-type: none"> • How can I be a good friend? • What do I feel and how can I tell other people? • When can I help myself and when should I ask for help? • What can my body do and what is it good at? • What does my body look like? • What do I need to do to keep clean and healthy? • When should I say 'No' and how should I say it? 	<ul style="list-style-type: none"> • Responsibilities for myself and my possessions • Care and consideration • Being a good friend • Identifying and expressing my own feelings • Saying 'No'
Age 5-7	<ul style="list-style-type: none"> • Who is special to me and why? • What are my friends like and how are we different? • What are the different emotions I might feel? • Who can I share my emotions with? • What can I do to look after my body? • How is my body special? • How do babies change and grow? • What are the names of the main parts of the body? • What are my responsibilities now I'm older? 	<ul style="list-style-type: none"> • Communication and Co-operation • Value individuality • Simple decision-making • Valuing difference • Keeping clean • External parts of the body • Valuing body's uniqueness • Babies to children to adults • Changing responsibilities
Age7-9	<ul style="list-style-type: none"> • What can I do when friendships go wrong? • How do people live their lives differently to me? • Why is it important to stay clean? • How do parents care for babies? • What can I do for myself to keep clean and healthy? • How are males and females different and what are the different parts called? • What does it mean to be grown up? • What am I responsible for now and how will this change? • How do my actions and emotions affect the way others feel? • Who can I talk to about the way I feel? 	<ul style="list-style-type: none"> • Managing Friendships • Awareness of different lifestyles and beliefs • Responsibilities for hygiene • Difference between males and females • Being 'grown up' • Communicating emotions • Impact of emotions • Range of people to share emotions with

Vocabulary to be used during Sex and Relationships Education at Tenacres.

SRE takes place during the second half of the spring term. Over the course of 6 lessons pupils learn about feelings, families, body parts, keeping healthy, hygiene and keeping safe. The following vocabulary is only referred to during one lesson in years 1 and 3 and during two lessons in years 2 and 4.

Year group	Vocabulary
Foundation stage	Happy, pleased, calm, sad, grumpy, cross, growing up, baby, child, change, hands, head, hair, body, teeth, familiar names for private parts e.g. "willy", "fanny" will be acknowledged
Key stage 1 (Year1/2)	Male, female, girl, boy, man, woman, baby, child, teenager, adult, similar, different, unique, special, stomach, chest, penis, testicles, vagina, bottom.
Key stage 2 (Year3/4)	Hygiene, toiletries, bacteria, germs, infection, breast, nipple, womb, uterus, testes, love, responsibility

Withdrawal of pupils from sex and relationship education

Any parent wishing to withdraw their child is encouraged to make an appointment with the Headteacher to discuss the matter.

Any concerns about the content or delivery of SRE should be addressed to the Headteacher.