



SWSF STATEMENT ON SEX AND RELATIONSHIPS

Dear Parent /Guardian

Your child will be having specific Sex Education lessons which are linked in with the National Curriculum and have been agreed by our Governing Body.

At SWSF we believe that Sex and Relationships Education involves;

- * **Giving and receiving information**
- * **Challenging beliefs**
- * **Forming positive attitudes and values**
- * **Developing sexual identity**
- * **Promoting the necessary skills for effective communication, loving, caring and happy relationships and positive behaviour**

We believe that these objectives can only be achieved as a developmental process beginning in the early years and progressing through childhood and adolescence into adulthood. Children are fascinated by their own bodies and the human life cycle. An understanding of how the body works, grows and changes is a relevant and vital part of every child's personal development.

We appreciate that care and sensitivity is needed in approaching any aspect of Sex and Relationships Education and that the issues regarding sexual reproduction in humans should always be discussed within the context of family life, loving relationships and respect for others. We will be using specific vocabulary and we hope that you will reinforce this at home in order to discourage slang names.

Within this booklet there is a brief description of what will be covered at each year group. Video resources will be used and we hope that you too will help your child to understand themselves and the world about them. If you wish to see the actual video used please ask, or if you have any queries please do not hesitate to come and see the class teacher or Head teacher



Myself and Others
Family Networks
Body Awareness

Hygiene

Our Day

RECEPTION

making positive relationships
family and friends care for one another
I know how to name some parts of my body
and I know how my body has changed.
awareness of importance basic daily hygiene
routines.
the routines of a day and how I can take care
of myself

YEAR ONE

Myself and Others

to value oneself, recognise similarities and
differences with others and recognise the
groups they belong to (e.g. family and
school).

Body Parts

naming body parts

Family

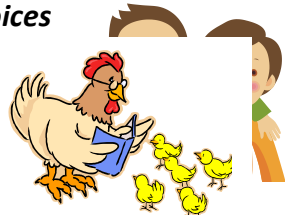
my family cares for me and all families are
special

Friendships

exploring friendship

Choices

to recognise that they have choices and that
some choices are right and others wrong.
Also to make a simple choice which will
improve their health.



Differences: Boys & Girls

to describe the ways that boys and girls can
be the same and different.

Differences: Male & Female

to describe some of the differences between
male and female animal, differences between
boys and girls and understand that making a
new life needs a male and a female.

Naming Body Parts

to name body parts

Everybody needs caring for

to identify different ways to show you care
and understand that we all need different
types of care.

Looking After the Body

to recognise that it is important to keep clean

YEAR THREE

Self Esteem

to build self-esteem by recognising
achievements and skills; to think
about personal areas make
improvements

Challenging Gender Stereotypes

to understand that male and females
can do the same tasks and enjoy the
same things; to recognise and
challenge gender stereotypes.

Differences: Male and Female
Family Differences

to name the male and female body.
to know that all families are different
and have different family members.

Decision Making

to think about simple decision making
strategies

Safety

to be able to identify potential
dangers in different situations and to
have basic strategies for resisting
pressure to behave in risky or
unacceptable ways.



Growing and Changing

YEAR FOUR

describe the main stages of the human
life cycle and the changes that happen
to the body when a child grows up.

Body Changes and Reproduction

Understand why the body changes in
puberty and identify some basic facts
about pregnancy.

What is puberty?

learn about the physical changes
associated with puberty.

Changing relationships

learning strategies to deal with
feelings in the context of relationships.

Assertiveness

understanding and be able to use
assertiveness skills.

Your Questions

asking and answering questions about
puberty using appropriate language.

YEAR FIVE

Talking About Puberty

exploring the emotional and physical changes that occur during puberty.

Becoming Men and Woman

to explore how the media presents sexuality and to recognise and challenge gender stereotyping

Puberty and Hygiene

exploring the impact of puberty on the body and the importance of physical hygiene.

Menstruation and Wet Dreams

To understand that menstruation and wet dreams are a normal part of growing up. This session will also have a girl group and a boy group to allow space for discussion.

Menstruation Education for Girls

to explore the issues with a girl only group.

Building Relationships



Explain the similarities and differences between friendships and intimate relationships.

YEAR SIX

Puberty and Reproduction

exploring the emotional and physical changes that occur during puberty and the importance of puberty for human reproduction.

Relationships and Reproduction

exploring different kinds of relationships and to explore the place of a family for having and brining up babies.

Conception and Pregnancy

learning about human fertilization and the development of the foetus during pregnancy.

Being a Parent

the responsibilities and joys of being a Parent.

Transmission of diseases

E.g. HIV through intimate contact

Your Questions Answered

asking and answering questions. Knowing where to get further help and advice.