

# Tayvallich Primary School

## Relationships and Sex Education Policy

### Aims and Objectives of the policy

- ◆ To reassure children of their value and self- worth
- ◆ To nurture a responsible attitude towards personal relationships, including aspects of mutual respect and care
- ◆ To provide knowledge of the physical and emotional changes that take place during puberty
- ◆ To provide knowledge of the human reproductive processes
- ◆ To inform children on matters of personal hygiene and related health issues
- ◆ To educate against discrimination and prejudice

Sex and Relationships Education is part of Health and wellbeing. The main areas covered are:

- Respecting themselves and others
- Respecting individual differences
- Ways of expressing and dealing with feelings and emotions
- Ways of keeping safe
- Positive and supportive relationships

These areas are recommended by Scottish Government and are age and stage appropriate.

### Content of the schools sex education programme

Staff will take care to ensure that the teaching materials used will be of a very high standard and that they and the aspects of the topics covered, will be appropriate to the needs and ages of the pupils.

The content outline is as follows:

**Family life** – *Information about many family patterns to include single parents, extended families and different religious and cultural backgrounds*

**The human body** – *Biological information including that about sexual organs*

**Reproduction**- *Conception, pregnancy, birth, childcare and parenthood*

**Human development** – *Childhood and ageing, puberty and adulthood, menstruation and hygiene*

## **Organisation of the Sex Education Programme delivered as part of Health and Wellbeing lessons:**

**P1-7** Loving, caring and supportive relationships and family life.

Awareness of personal boundaries, what behaviour is right and wrong and who they can talk to if they are worried about this.

Personal hygiene at an age and stage appropriate level.

Life cycles across the animal/insect kingdom.

Human development- childhood, babies growing, ageing and adulthood.

**During P4 or 5** As above plus: Differences between male and female.

Discussion of the changes that take place as we grow.

**During P6 or 7** As above plus: Information about the human body and sexual organs. Puberty for boys and girls.

Reproduction, conception, pregnancy and birth.

The class teacher will deliver the lessons using the BBC material 'Living and Growing'. Lessons will be taught in mixed sex groups to Primary 6/7 together on a two year cycle or separately on a yearly basis. Boys and girls will both learn about puberty in males and females. However, the girls will also get to talk separately about menstruation and hygiene. The boys will also have an opportunity to discuss things without the girls being present.

Staff will answer children's questions in an open and factual way.

### **Parental Involvement**

We seek to consult with parents and carers to give them the opportunity to view the teaching materials and discuss what they are comfortable with their children learning. Our aim is to work in partnership with parents and give as much information as possible about what their children will be learning in school and how they can support this at home.

Notification will always be sent to parents in advance of any lessons on sexual health and reproduction and an opportunity will be given to view the teaching materials and discuss any concerns with staff.

### **Withdrawal from lessons**

If parents or carers feel that they do not want their child to take part in these lessons then they must inform the Head Teacher in writing and understand that their child will be given appropriate work to do in another class during this time.

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