

# Sex Relationship Education (SRE) at South Harringay School

# SRE

- Is Sex Relationship Education new at SHS?
- What is new?
- Why are we having this presentation?

# SRE at SHS...

- **starts early and is relevant to pupils at each stage in their development and maturity**
- is taught by people who are trained and confident in talking about issues such as healthy and unhealthy relationships, equality, pleasure, respect, abuse, sexuality, gender identity, sex and consent, the law and accessing services
- teaches life skills and respectful attitudes and values
- ensures children's views are actively sought to influence lesson planning and teaching (question box)
- is inclusive of difference: gender identity, sexual orientation, disability, ethnicity, culture, age, faith or belief, or other life experience
- promotes equality in relationships, recognises and challenges gender inequality and reflects girls' and boys' different experiences and needs



# Why do we teach it?

## Research shows SRE contributes to:

- a positive ethos and environment for learning
- safeguarding pupils (Children Act 2004), promoting their emotional wellbeing, and improving their ability to achieve in school
- a better understanding of diversity and inclusion, a reduction in gender-based and homophobic prejudice, bullying and violence and an understanding of the difference between consenting and exploitative relationships
- helping pupils keep themselves safe from harm, both on and offline, enjoy their relationships and build confidence in accessing services if they need help and advice
- reducing early sexual activity, teenage conceptions, sexually transmitted infections, sexual exploitation and abuse, domestic violence and bullying



# What do they learn in each year group?

- Year 1

## **External parts of the body, Valuing the body & Personal hygiene**

- What are the names of the main parts of the body?
- What can my body do?
- When am I in charge of my actions and my body?
- Do I understand how amazing my body is?
- How can I keep my body clean?
- How can I stop common illnesses and diseases spreading?



## Year 2

### **Babies to children to adults, Growing up & Changing responsibilities**

- How do babies change and grow?
- How have I changed since I was a baby?
- What do babies and children need?
- What are my responsibilities now I'm older?

## Year 3

- **Differences:** know some differences and similarities between males and females; name male and female body parts using agreed words
- **Personal space:** Identifying different types of touch that people like and do not like; understand personal space; and talking about ways of dealing with unwanted touch
- **Families Differences:** explore different types of families and who to go to for help and support
- **Rite of passage:** explore Rites of passage that are religious and those that are not religious, e.g. circumcision and FGM; reinforce rules around personal space and how to get support



## Year 4

- **Growing and changing:** describe the main stages of the human lifecycle and describe the body changes that happen when a child grows up
- **What is puberty:** discuss male and female body parts using agreed words and know some of the changes which happen to the body during puberty
- **Puberty changes and reproduction:** know about the physical and emotional changes that happen in puberty and understand that children change into adults so that they are able to reproduce
- **Gender equality:** learn about the suffragettes, gender inequality and how FGM discriminates against women; reinforce rules around personal space and how to get support





## Year 5

- **Talking about puberty:** explain the main physical and emotional changes that happen during puberty
- **Male and Female changes:** understand how puberty affects the reproductive organs, and describe how to manage physical and emotional changes
- **Puberty and hygiene:** explain how to keep clean during puberty; explain how emotions change during puberty; and how to get support and help during puberty
- **Religion and culture:** explore the difference between religion and culture; how FGM is cultural tradition and not religion; reinforce rules around personal space and how to get support



## Year 6

- **Puberty and reproduction:** describe how and why the body changes during puberty in preparation for reproduction and talk about puberty and reproduction with confidence
- **Understanding relationships:** discuss different types of adult relationships and know what form of touching is appropriate
- **Conception and pregnancy:** describe the decisions that have to be made before having a baby and know some basic facts about pregnancy and conception
- **Communicating in relationships:** consider when it is appropriate to share personal/private information in a relationship and know how and where to get support if an online relationship goes wrong
- **Body image:** explore what is a healthy/negative body image; what communities around the world view as attractive; myths and truths around FGM; reinforce rules around personal space and how to get support.

# How do I answer questions my child asks me about SRE?

- If the questions is not age appropriate and in line with the school's scheme of work, teachers will respond to questions with, "You will learn more about this in Year ...."
- Using age appropriate picture books that explain body parts or conception.