



Cartmel CE Primary School

Sex and Relationship Education Policy

2024/2026

The Governing Body adopted this policy on: Sept 2024

Approved by: R.Battersby

Review date: Sept 2026

Mission Statement

'Mighty Oaks from Little Acorns Grow'

We will do our best, be happy and honest, show respect and be friendly.
'Teach children how they should live, and they will remember it all their life.'
Proverbs 22:6 (Good News Version)

At Cartmel we create a happy caring environment based on Christian Values, where we value every child and encourage them to strive for their highest standards of achievement. We ensure that our young people go into the world as confident, independent, responsible citizens with a love for learning.

Our Mission Statement pays homage to our conviction that there is something potentially wonderful in every individual.

What is Sex and Relationship Education?

"It is lifelong learning about physical, moral and emotional development. It is about understanding the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health. It is not about the promotion of sexual orientation or sexual activity – this would be inappropriate teaching." (DFES 0116/2000)

Links to Other Policies:

Safeguarding	Equal Opportunities
Health & Safety	Behaviour Policy
	PSHE Policy

Aims & Objectives

Sex and Relationship Education within Cartmel CE Primary School aims to provide opportunities for pupils to develop the skills, knowledge and understanding they need to lead confident, healthy, independent lives and become informed and active citizens. The work aims to be delivered in an

accepting and honest way, which enables young people to contribute. Cartmel CE Primary School will make every effort to keep parents fully informed of policy and practice.

Sex and Relationship Education in Cartmel CE Primary School will focus on the following aspects:

Attitudes and Values:

- Learning about the values of family life and stable relationships.
- 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.
- Developing self-respect and empathy for others.
- Learning to make choices based on an understanding of differences and with the absence of prejudice.
- To provide opportunities for young people to develop the ability to understand the consequences of their decisions and actions and to manage conflict.

Knowledge and Understanding:

- Learning about healthier and safer lifestyles to equip them for making informed decisions.
- Learning about physical development at appropriate stages.
- Understanding emotions, relationships and reproduction at appropriate stages.

In Key Stage 1, SRE lessons will focus on children being able to understand the importance of:

- Self esteem.
- The concept of growing and changing.
- Showing respect.
- Relationships (family, friends, understanding others, respecting differences)
- Feelings.
- Knowing the correct names for external parts of the body, including the sexual parts.
- Personal hygiene.
- Knowing places that are safe – where to go for help.
- Making safe choices – saying no, when to keep a secret and when to tell.
- Knowing that we have rights over our own bodies.

In Key Stage 2, SRE lessons will focus on children being able to understand the importance of:

- Life changes.
- Self esteem.
- Respect for their own bodies & others.
- Recognising risk/making safe choices. Who has access to their bodies?
- Resisting unwanted peer pressure.
- The influence of the media as a source of information.
- How to access help.
- Feelings – emotional change (puberty).
- Bullying.
- Relationships (family, friends, love and marriage)
- Understanding differences.
- Know that body changes are a preparation for sexual maturity and understand the process of conception and birth.

- Know how changes at puberty affect bodily hygiene.

“All children, including those who develop earlier than average, need to know about puberty before they experience the onset of physical changes.”(Sex & Relationship Education Guidance –July 2000)
Ref: DfES 0116/2000

Due regard to DfE guidance, ‘Sexual violence and sexual harassment between children in schools and colleges’ (DfE, 2018) will be paid. In particular, understanding of the vulnerability of pupils with SEND (Special Educational Needs and Disabilities).

“Pupils should be able to understand the world in which they are growing up, which means understanding that some people are LGBT, that this should be respected in British society, and that the law affords them and their relationships recognition and protections” (DfE, 2019b).

Organisation & Delivery

- The Head Teacher is responsible for co-ordinating the policy.
- It will be taught to class groups or single sex groups as appropriate.
- It may be appropriate to utilise circle time and/or discrete time.
- It should be delivered as a rolling programme.
- It is included in a spiral curriculum, running through from Reception to Year 6.
- SRE is a cross-curricular subject and certain areas will be taught within the statutory curriculum.
- The School Nurse will be invited to support the delivery of the curriculum.
- The Life Education Bus will also support the delivery of the curriculum.
- The staff will deal with pupils questions as appropriate to the circumstances which will often include suggesting the children ask their parents, or answering honestly and as considered appropriate to the curriculum.
- The parents will be invited annually to preview the resources to be used to support the delivery of the SRE policy.
- Parents have the right to withdraw their children from any SRE that falls outside the statutory curriculum i.e. they cannot withdraw from science etc. Parents would be asked into school in the first instance to discuss their concerns with the Head teacher and look at the materials that would be used. If they then decided to exercise their right, school will make provision for supervision of the child, and the parent is obliged to provide the education at home using information available from the DfES.

Monitoring & Evaluation

The delivery of the curriculum may be monitored and evaluated by:

- Lesson observations by the Head/Subject leader for PSHE.
- Pre arranged visits by the subject link governor.
- Parental and pupils views will be monitored by direct contact and annual questionnaire.
- Feedback from School to Teaching and Learning Committee on an annual basis.

The content of the SRE policy will be reviewed every two years.

Staff will be supported to identify any specific training needs to ensure that they are confident in delivering the curriculum areas.