

Sexual Health, Relationships and Parenthood Policy

Insch School



Our vision is **Reach for the Stars.**



Insch School Sexual Health, Relationships and Parenthood Policy

As a Health Promoting School, Insch School promotes health in its widest sense. We consider the physical, social and emotional development of our pupils and staff. Relationships, sexual health and parenthood is one of the six areas with Health and Wellbeing learning with Curriculum for Excellence. All schools are required to provide and deliver this education in an objective, balanced and sensitive manner within a framework of sound values. We strive to do this at Insch School.

Our programme of teaching relationships, sexual health and parenthood aims to help your children learn the skills to:

- Understand their body and emotions
- Develop a positive attitude towards difference and diversity
- Consider carefully and have a discerning eye for the messages they receive from the media
- Build and sustain positive relationships
- Make informed choices to keep safe
- Access help and support when required.

The programme also helps to:

- Develop your child's confidence and self-esteem as they develop and grow.
- Decrease the likelihood of misinformation from peers.
- Highlight behaviours which could put pupils at risk and ensure they know how to keep themselves safe.

We recognise that children learn about relationships, sex and sexual health through a wide variety of sources including their own families, their peers, the media and from formal work in school.

The key learning themes from Nursery to Primary 7 are as follows:

EARLY AND FIRST LEVEL (Nursery to the end of P7)

- Making and keeping friends
- Respecting ourselves and others
- Keeping safe
- People who help us - at home, school and in the wider community
- Similarities and differences between boys and girls
- My body - correct terminology used to name body parts
- Babies - a mum and dad decide to have a baby, care of babies and how babies grow.

SECOND LEVEL (P5-7)

All:

- Relationships - explore how peer groups and families work and the influence of the wider community and media on behaviour
- Keeping safe - appropriate behaviour and language, saying no to activities that your child is not ready for
- Internet safety

P5:

- Physical changes at puberty and personal hygiene
- How did we get here?

P6:

- Puberty and changes to the body
- Reproductive parts of male/female bodies
- Human life - how babies are made, giving birth and the role of parents
- Sexual Behaviour

P7:

- Reproductive parts of male/female bodies
- Sexual Behaviour
- Human life cycle and managing emotions
- Boy Talk e.g. wet dreams, masturbation
- Girl Talk e.g. periods
- The role of the media

Main resources used include:

- Living and Growing Series (including DVD's)
- Molly Potter Resources (7-9 years old and 9-11 years old)

Home-School Links

At home:

- Education begins at home and we recognise that you the first and foremost educators of your child.
- We would encourage you to discuss what your child is being taught at school, particularly Second Level.
- Some families make up their own names for intimate body parts. This can lead to confusion for some children. We would appreciate if you would use the correct names for body parts right from Nursery to P7.

At school:

- School Staff will answer questions your child may have honestly, sensitively and in an age appropriate manner.
- Opportunities will be given for pupils to ask questions or discuss issues in a confidential and safe way e.g. anonymous question box.
- We may seek your support by asking for help with homework tasks e.g. making a family tree or asking parents with new babies into school.
- Staff will reassure pupils that all of the changes your child's body/emotions will go through are normal and will happen to everyone but at different times.
- At Second level, teachers will communicate through the termly Curricular Letters when the sexual health programme will be covered in class.
- P5-7 classes will cover the main content of this curricular area in Term 4.



In some exceptional circumstances, parents and carers may feel it is appropriate to deal with their child's sexual health education at home. This should be discussed with a member of the Senior Management Team so that appropriate alternatives can be made.

Useful websites for children and parents include:

<http://kidshealth.org/kid/grow>

<http://www.nhs.uk/Livewell/puberty/Pages/Pubertyinfoforchildren.aspx>

For parents:

http://www.bbc.co.uk/schools/parents/impact_of_physical_growth/

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/sex_education_primary_school_children

Suggested books to support your child's learning:

Growing Up For Boys	Alix Firth	Usborne
Growing Up For Girls	Felicity Brooks	Usborne
Dr Christian's Guide to Growing Up	Christian Jessen	Scholastic
What's Happening To Me?	Alix Firth	Usborne

"Good health and wellbeing is central to effective learning and preparation for successful independent living. The aspiration for every child and young person can only be met through a concerted approach; schools and their parents working together to plan their programmes for health and wellbeing explicitly, taking account of local circumstances and individual needs."

Curriculum for Excellence Health and Wellbeing across learning: principles and practice 1.



Policy review date June 2018