



Handforth Grange Primary School

Sex and Health Education Policy

Policy Area	Sex and Health Education
Policy Title	Sex & Health Education Policy
Policy Leader	Leadership Team
Policy Date	September Sept 2023
Policy Review	September 2024



Promoting Social Justice through Excellence in Education

At Handforth Grange Primary School the named personnel with designated responsibility for Sex and Health Education are:

Senior Leader	Subject Leader	PHSE Governor
Andrea Booth	<i>Fran Saven</i>	Mrs Sarah Millward

[Rights Respecting Schools](#)

Article 29

Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures and the environment.

Article 34

Governments must protect children from all forms of sexual abuse and exploitation

[Intent](#)

We believe passionately that our innovative Personal, Social, Health and Economic (PSHE) Education curriculum and No Outsiders ethos will give pupils the knowledge, skills and understanding they need to lead confident, healthy independent lives and to become respectful, active and responsible global citizens. PSHE lies at the cornerstone of the trust ethos. We are preparing children for life in modern Britain, developing and deepening their understanding of fundamental British values of democracy, individual liberty, rule of law, and mutual respect and tolerance. We believe all our children can leave our school confident and assured of their place in this diverse and changing world.

[Definition](#)

Sex and Health Education is about physical, moral and emotional development. It is about the understanding of stable and loving relationships, respect love and care. It involves children acquiring information and being informed about the physical and emotional changes that happen during puberty, forming positive values and attitudes in their family life. Central to the Sex Education and Health policy is the growth of self-esteem and taking responsibility for oneself and one's actions.

The word 'sex' is used in its widest form and focuses on differences in gender as well as sexual reproduction. As the children grow older our aim is to help them become aware of, and understand the changes their bodies are starting to make as the emotional changes that they may start to feel.

[Aims](#)

Our aims in Sex and Health Education are to:

- Teach children the appropriate language to talk about themselves and their bodies and to be able to make informed choices about their bodies when they grow older.
- Inform children about the human reproductive cycle at an age appropriate time.

- Enable pupils to understand and manage their own feelings and emotions as they experience adolescence.
- Promote attitudes of self-respect in our pupils and respect for others
- Provide channels for our pupils to feel able to communicate their needs and be able to ask for help in an atmosphere where questions relating to sex and relationships can be asked and answered
- Teach pupils about peer pressure and to have the confidence and skills to deal with unwanted pressure; understand that some parts of the body are private and what to do if someone is making you feel uncomfortable.
- Provide children with understanding about personal hygiene and germs, including bacteria, viruses, how they are spread and the importance of keeping our bodies clean.
- Enable children to make sense of the messages that they receive about relationships and growing up from the world around them.
- To enable pupils to differentiate between appropriate / inappropriate behaviour in relationships.
- Provide clear information to parents and carers about the Sex Education and Health Education curriculum and content in an accessible way so that they can support what their child is learning in school with their own teaching at home.
- Ask for feedback on this Sex Education and Health policy from parents and carers before it is ratified by Governors and after any need for updating. We welcome constructive dialogue so that we reach a mutual understanding of the aims. We will provide opportunities for parents and carers to air their views about our curriculum and we will consider all views given.
- Provide opportunities for parents and carers to join the school in the delivery of Sex Education and Health Education. This will be achieved through parent workshops where materials will be shared.

Planning

Sex and Health Education, is part of the PSHE curriculum, and is delivered by class teachers.

Although there are not specific Sex Education and Health lessons in Key Stage 1, where children mention their body parts, staff will use the correct names.

Planning will be provided by the PSHE subject leader using resources produced by the Kapow and No Outsiders programme of study.

Equality of Opportunity

At Handforth Grange we consider that all pupils and adults should have equal access to Sex and Health Education, regardless of gender, race, faith, age, disability, sexual orientation, gender identity.

In Year 5 and Year 6 children will be taught in single gender groups. This is to encourage children to ask questions in groups where they might feel more comfortable to do so. Where a child is questioning their gender identity or transitioning, we will be led by discussions with them and their parents when deciding which teaching group to attend.

Handforth Grange school will ensure where support is needed for a pupil with additional needs to access a Sex and Health Education lesson, it is provided. For example, this may include using additional resources specifically designed for teaching children with ASC.

[The right to withdraw](#)

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. Sex education is not compulsory in primary schools therefore, parents / carers may withdraw their child from Sex Education Lessons. The only exceptions to this are the biological aspects of animal growth and reproduction that are essential elements of National Curriculum Science which are compulsory. We will inform parents / carers before the lessons are delivered to each year group via letter home. Parents will be invited to view the lessons and resources in order to make an informed choice about the content before withdrawing their child.

[Assessment, record keeping and monitoring](#)

Assessment of the Sex and Health Education will be monitored through sensitive pupil voice interviews in small groups at the end of the term where the lessons were delivered. Sex and Health Education lessons are often discussion-based, but recording may take place in class books if appropriate.

[Resources](#)

The PSHE lead will provide lesson plans and resources for Sex and Health Education using Kapow and No Outsiders programme of study. They will support and provide additional resources for class teachers where needed.

[Staff training](#)

The PSHE subject leader alongside the SLT will lead staff CPD each year to ensure all staff are confident in their contribution to the Sex Education and Health policy as part of PSHE.

[Links with other policies](#)

This Sex and Health Education Policy should be read in conjunction with:

- The Personal, Social, Health, Economic Education Policy (PSHE) 2023-24
- The Relationships Education Policy 2023-24

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