

Litchard Primary School



**Litchard Primary School
Relationships and Sexuality Education Policy
&
Suite of Lesson Plans for Pupils**

Policy Summary for Parents/carers

This suite of lessons has been developed to support teachers at Litchard Primary School to deliver high quality healthy relationships education to pupils. The knowledge and skills pupils throughout progression steps 1 to 3 will gain from this series of lessons will help to build their resilience, confidence and self-esteem to empower them to develop and maintain healthy relationships as they move through childhood into adolescence.

Personal Development, Relationships and Sexuality Education describes the range of learning experiences and support provided for pupils to develop safe, respectful personal relationships. This includes taking responsibility for their behaviour in their personal relationships and how to recognise inappropriate behaviour. This element of the curriculum will be mandatory for all pupils from September 2022, when Curriculum for Wales becomes statutory.

The Personal and Social Education Framework for 7 to 19 year-olds in Wales (Welsh Assembly Government, 2008) sets out that:

“Successful relationships demand competent interpersonal skills, a willingness to value others and respect difference. Good relationships are the result of care and support, communication and the willingness to accept responsibility. Learners need to be able to make and maintain friendships, deal with conflict, challenge stereotyping and prejudice, and cope with peer and other influence.” (Welsh Assembly Government, 2008, p11).

Estyn reports *“The content and delivery of healthy relationships education vary too widely in schools across Wales. Overall, schools do not allocate enough time or importance to this aspect of personal and social education.”* (A review of healthy relationships education, Estyn 2017)

This policy is designed to ensure a graduated age-appropriate approach is implemented for Personal Development and Relationships and Sexuality Education at Litchard Primary School in line with national guidance. *“Schools play a central role in having a positive and sustained impact on children and young people’s sexual health and well-being. All learners in Wales should receive high-quality sex and relationships education (SRE) as part of their personal and social development”* (Sex and Relationships Education in Schools, Welsh Assembly Government Circular No: 019/2010, 2010).

An outline of topics that will be covered in each year group is set out below:

Nursery	<ol style="list-style-type: none"> 1. All About Me - My Body and its Parts 2. All About Me - Keeping Clean 3. All About Me - Feelings 4. Touch
Reception	<ol style="list-style-type: none"> 1. All About Me - My Body and its Parts 2. All About Me - Keeping Clean 3. All About Me - Feelings 4. Touch
Year 1	<ol style="list-style-type: none"> 1. All About Me - My Body and its Parts Growing Up 2. All About Me - Keeping Clean 3. All About Me - Feelings 4. Touch
Year 2	<ol style="list-style-type: none"> 1. All About Me - My Body: Similarities and Differences 2. All About Me - Keeping Clean 3. All About Me - Feelings 4. Touch
Year 3	<ol style="list-style-type: none"> 1. Sticks and Stones (bullying) 2. Friendship, Peer Pressure and Bullying 3. All Together (types of families)
Year 4	<ol style="list-style-type: none"> 1. Share Aware NSPCC Alex - Online Safety 2. Share Aware NSPCC Lucy - Online Safety 3. Safe Touch
Year 5	<ol style="list-style-type: none"> 1. Inside the Body 2. Puberty (part 1 & part 2) 3. Hygiene
Year 6	<ol style="list-style-type: none"> 1. A Loving Relationship 2. Conception & Pregnancy 3. Looking After a Baby