



St Paul's Nursery School

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Developing **R**espectful, **I**ndependent, **C**onfident Communicators with **E**njoyment daily!

## Sex and Relationship Education at St Paul's Nursery School

Effective sex and relationship education (SRE) is essential if young people are to make responsible, in-formed and healthy decisions about their lives, both now and in the future. In the early years, education about relationships needs to focus on friendship, bullying, the building of self-esteem and keeping your-self safe.

Definition : Sex and Relationships Education is lifelong learning about physical, moral and emotional development, embedded in a context that enhances the self-worth and confidence of each individual and encourages mutually respectful relationships and empathy for others.

At our school we aim:

- \*To help children develop caring relationships with others.
- \*To enable children to recognise the similarities and differences between individuals, and to respect other people.
- \*To help children develop self esteem and to feel positive about themselves, to build self confidence in decision making.
- \*To teach children to understand the facts about how their bodies work and to be proud of their bodies.
- \*To promote the values of family life with regard to individuals' circumstances.
- \*To help children cope with the physical and emotional challenges and changes of growing up and in family life.

SRE must respond to the needs of the children and should be matched to: the age, physical and emotional maturity of the pupils.

In the early years, education about relationships should focus on the building of self-esteem, friendship, dealing with bullying and keeping yourself safe.

SRE needs a careful and sensitive approach. Children's questions should be given careful consideration and answered sensitively, bearing in mind particular religious, cultural or other individual circumstances.

The objective of sex and relationship education is to help and support young people through their physical, emotional and moral development. A successful programme, firmly embedded in PSED will help young people learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.

Manner and content of Sex and Relationships Education SRE will be thoughtfully provided by all staff after careful consideration and planning. Staff will encourage pupils to recognise similarities and differences between themselves and others and treat others with



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sensitivity. The key aim of our SRE policy is to focus on and support building healthy relationships and staying safe.

Opportunities are taken to discuss embryos, birth and bodies as part of the general cycle of human, animal and plant life. Often introduced through such topics as 'Myself', 'Growth', 'Change', 'Minibeasts' etc., and frequently discussed when there is a birth of a new baby, as this is an exciting event.

School attempts to respond to children's questions naturally as they arise. We aim to provide accurate information simply and at the right level.

**Child Protection:** SRE which promotes understanding of what is and what is not acceptable in a relationship or physical contact can lead to disclosure of a child protection issue. If such an incident arises, staff must follow the guidelines set out in the school child protection policy.

**Monitoring and Evaluation:** This will be carried out in line with the school monitoring procedure.

**Review:** This policy will be reviewed every three years and any amendments recommended to the Staff and Governing Body.



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