

Relationship Education



The media has been full of reports; outraged condemnations of '4 year olds being taught about sex'. You will be reassured to know that these reports are grossly misinformed. Relationships education in Primary Schools is all about

- Developing a child's knowledge of how they belong within a family, their class at school and their immediate world.
- Developing each child's self esteem and sense of self worth.
- Developing an awareness of healthy routines – washing your hands after going to the toilet and similar.
- Developing an awareness of healthy, respectful loving relationships.
- Developing awareness of how their bodies change and develop at an age appropriate level.

It is not teaching children about sex, the promotion of sexual orientation or sexual activity.

So what has this got to do with 'sex education'?

Our SRE is the foundation to later learning. It is a recognised fact that children who are confident, have a high self esteem and good aspirations are far less likely, as they become older, to put themselves at risk of unwanted pregnancy or sexually transmitted diseases. At G.G.A our SRE curriculum forms the very basic building blocks of developing children's self esteem and self respect. It is taught as an integral part of our Personal, Social, Health and Citizenship Education. It prepares children to receive, at Secondary school, basic information about sex.

Developing an understanding of safe routines helps children to understand the effects of germs. It allows children to understand cause and effect and make the link between germs and illness, for example, not washing hands can cause a funny tummy. This understanding will be developed at secondary school to cover infections and viruses and eventually, an understanding of sexually transmitted infections.

Primary school SRE is the foundation stones to later sex education.

Why is SRE important?

Nationally, Health Care Professionals are reporting that the average age of puberty is becoming younger. For example, 1 in 6 eight year olds are now menstruating. These children need to have an awareness of puberty and what is happening to them to avoid fear, embarrassment and misinformation. At G.G.A we cover puberty in an age appropriate way with children in Year 5 and 6. This covers body changes and feelings. We also teach children about periods and how to cope with these. Both boys and girls are taught so that all children are appropriately informed.

Children learn about sex and relationships from the media and playground talk at a very young age. Many of the things they learn in this way are misleading, confusing and potentially frightening. Misinformed children are more likely to put themselves in vulnerable situations as they get older. The UK has one of the highest levels of teenage pregnancy (approximately 1 in 30 girls under 18 currently become pregnant.). SRE education, **at an appropriate level** helps children to make sense of it all, at their level. This does not mean children experiment sexually at an earlier age, rather that they are aware of risks and consequences and are equipped to say no until they are old enough to take responsibility and are ready. At primary school however, we do not teach children about sex but we develop the self confidence, self esteem and communication skills that will equip them later to be ready for information about sexual relationships,

At Goldington Green Academy we aim to work with you to ensure your child develops the self esteem, decision making skills, confidence and understanding to be ready, at Secondary school, to receive sex education in a mature and responsible manner.

Things to discuss with your child (as appropriate to their age/ readiness)

- The importance of respect in any kind of relationship.
- Different kinds of families and how they are all important.
- Ask your child about any lessons they do at school and their views.
- Share your own views.
- Listen to their questions and answer honestly, at the most basic level appropriate.

Should you wish to discuss the Relationships Education curriculum any further, please do not hesitate to contact your child's class teacher or any member of the Senior Leadership Team.