Diocese of Chelmsford
Vine Schools Trust

Relationships, Health and Sex Education Policy

This is a model policy for all Vine schools that has been reviewed and adapted for St Andrew's C of E Primary school.

Policy Reference:	S004
Approved by Vine Schools Trust on:	Summer 23
Adopted by this school on:	Summer 23
Next review:	Summer 24

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit

JOHN 15:5

Vision & Values

V	**Valuing every person**
I	**Inspiring great teaching**
N	**Nurturing academic excellence and Christian Character**
E	**Excelling, unlocking great potential**

The Diocese of Chelmsford Vine Schools Trust is a company limited by guarantee. Registered in England No 8709542. Registered Office 53, New Street Chelmsford CM1 1AT

Contents

1. Our vision, principles and aims for Relationship, Health and Sex Education (RHSE)
2. Statutory requirements
3. Policy development
4. Definitions
5. Curriculum and delivery of RHSE
6. Roles and responsibilities
7. Training
8. Monitoring

Appendices

Appendix 1: Curriculum Outline for our School

Appendix 2: Parent form

Appendix 3: Managing difficult questions

Appendix 4 Puberty: Glossary of terms

Appendix 5: Science Curriculum and Sex Education

This policy should be read in relation to the school's safeguarding and behaviour and relationships policies and is in line with:
***Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance** for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers. DfE July 2019.*

Relationships Education, Relationships and Sex Education (RSE) and Heath Education (RSHE) in Church of England
***Schools.** The Church of England Education Office September 2019.*

***Valuing All God's Children.** Guidance on Church of England schools on challenging homophobic, biphobia and transphobic bullying.*

***Equalities Act 2010** www.legislation.gov.uk/ukpga/2010/15/contents*

'We undertake to follow the principles in the Church of England Education Office Charter for faith sensitive and inclusive relationships education, relationships and sex education (RSE) and health education (RSHE) www.churchofengland.org/more/education-and-schools/church-schools-and-academies/relationships-and-sex-education

The Diocese of Chelmsford Vine Schools Trust is a company limited by guarantee. Registered in England No 8709542. Registered Office 53, New Street Chelmsford CM1 1AT

Our Vision for St Andrew's C of E Primary School:

To create a happy, caring, secure atmosphere where children and staff feel valued. We aim to provide our children with the knowledge and skills to develop their God-given talents, within an environment that makes them feel inspired, challenged and excited. Our Christian values of determination, hope, kindness and respect underpin all that we do; enabling our children to flourish academically, socially, emotionally and spiritually. Our children become courageous and determined learners- able to take risks, make mistakes and develop resilience. Our children leave us well-rounded individuals ready to take on the world.

'Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.' Joshua 1.9

All Vine Schools Trust schools affirm:

'Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.'

From: Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers. DfE July 2019

The Church of England Education Office faith sensitive inclusive approach to Relationships Education, Relationships and Sex Education (RSE) and Health Education (RSHE) underpinned by two key biblical passages:

'So God created humankind in his image, in the image of God he created them'. (Genesis I:27, NRSV)

That relationships lie at the very heart of what it means to be human, and that Relationships, Health and Sex Education explores what it means to be human and about what it means to be a person in community. This will be taught in a context where all people should be given dignity as all people are made in the image of God and loved equally by God. This truth underpins what pupils learn about the differences that are expected under UK law.

'I have come in order that you might have life—life in all its fullness'. (John 10:10, GNB)

All pupils have a right to an education which enables them to flourish and is set in a classroom culture where differences of lifestyle and opinion are given dignity; bullying of all kinds is eliminated; and where they are free to be themselves and fulfil their potential without fear."

From: Relationships Education, Relationships and Sex Education (RSE) and Heath Education (RSHE) in Church of England Schools. The Church of England Education Office September 2019.

The Diocese of Chelmsford Vine Schools Trust is a company limited by guarantee. Registered in England No 8709542. Registered Office 53, New Street Chelmsford CM1 1AT

Our RHSE Curriculum Aims:

- Protects, informs, and empowers all children- supporting them to develop the skills to express their own views and make their own informed decisions.
- Ensures children can cherish themselves and others as unique and wonderfully made, and to form healthy relationships where they respect and offer dignity to others and feelings of self-respect, confidence and empathy.
- Provides children with the knowledge that will enable them to navigate and contextualise a world in which many will try to tell them how to behave, what to do and what to think.
- Gives children an understanding of sexual development and the importance of health and hygiene.
- Provides a framework in which sensitive discussions can take place.
- Creates a positive culture around issues of sexuality and relationships.
- Teaches pupils the correct vocabulary to describe themselves and their bodies.
- Enables all children to be prepared for the change's adolescence brings and – drawing on knowledge of the human life cycle set out in the National Curriculum for science - how a baby is conceived and born.

2. Statutory Requirements

As an academy trust, our RHSE policy complies with the statutory guidance set out in:

Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance *for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers. DfE July 2019.*

Relationships Education, Relationships and Sex Education (RSE) and Heath Education (RSHE) in Church of England
Schools. *The Church of England Education Office September 2019*

This states that primary pupils must be taught relationships education. There are also elements of sex education contained in the school curriculums for science.

In VST schools, we teach RHSE as set out in this policy, with each school choosing curriculum content which meets the needs of its own community - **see Appendix 1.**

3. Policy Development

This policy brings RHSE into line with the latest government statutory guidance and has been developed using the suggested policy template from the Church of England.

Our schools will be continually developing their own curriculum content in consultation with staff, pupils, and parents, in line with the following steps:

- Staff working together to review curriculum content and drawing upon all relevant information including relevant national and local guidance.
- Parents/stakeholders in all schools being consulted with about the policy and its development.

The Diocese of Chelmsford Vine Schools Trust is a company limited by guarantee. Registered in England No 8709542. Registered Office 53, New Street Chelmsford CM1 1AT

- Making any amendments necessary and sharing the policy with Local School Boards for ratification.

4. Definitions

- RHSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.
- RHSE involves a combination of sharing information and exploring issues and values.
- RHSE is not about the promotion of sexual activity.

Defining Relationships Education

'The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults'. (DfE Jul 2019)

Relationships Education includes:

- Understanding what a relationship is, what a friendship is, and the appropriate and inappropriate behaviours associates with them.
- Being appreciative of existing relationships and learning how to form new healthy friendships.
- Understanding how to treat others in a respectful way including understanding boundaries and safe contact both physically and on-line.
- Learning the features of healthy relationships including family relationships, friendships and relationships with peers and adults.
- Learning about on-line safety and conduct in the context of positive relationships.
- Learning about developing personal characteristics and how this impact relationships.
- Learning about positive emotional and mental wellbeing which promotes self-worth in the context of positive relationships.
- The knowledge needed to recognise and report abuse including online.

(NB For further details of all the aspects pupils should know by the end of the primary phase please refer to paragraphs 54-62 of Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance).

Defining Sex Education

The Diocese of Chelmsford Vine Schools Trust is a company limited by guarantee. Registered in England No 8709542. Registered Office 53, New Street Chelmsford CM1 1AT

'The Department for Education continues to recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born.'

Sex Education includes:

- Learning about reproduction: learning how babies can be made and the emotions that people experience when they are ready for close intimacy.
- The national curriculum for science includes content about human body parts, growth, puberty and gestation.

5. Curriculum and delivery of RHSE

The curriculum content in each of VST school, for all age groups, has been developed in line with Trust policy and is set out by each school, in consultation with parents and carers, pupils and staff, taking into account the age, needs and feelings of pupils.

If pupils ask questions outside the scope of this policy, teachers will respond in a sensitive manner, so they are properly and appropriately informed and don't seek answers from inappropriate sources. See Appendix 3 Managing Difficult Questions

RHSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RHSE are taught within the science curriculum. See Appendix 5 Science and Sex Education Curriculum

In our schools, relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships.

Each VST school publishes its own detailed curriculum, (Appendix A). RHSE topics may include:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships and social media
- Being safe
- Intimate and sexual relationships (Year 6)

These areas of learning are taught in an age-appropriate manner within the context of family life. We acknowledge that families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures.

We believe that all pupils have a right to an education which enables them to flourish and is set in a learning community where differences of lifestyle and opinion (within that which is permissible under UK law) are treated with dignity and respect and where they are free to be themselves and fulfil their potential without fear.

The Diocese of Chelmsford Vine Schools Trust is a company limited by guarantee. Registered in England No 8709542. Registered Office 53, New Street Chelmsford CM1 1AT

VST schools seek to ensure that the RHSE curriculum protects, informs and nurtures all pupils. It clearly differentiates between factual teaching (biology, medicine, the law, marriage, different types of families and the composition of society) and moral teaching about relationships and values, recognising that the distinction can be easily blurred and that there needs to be discernment about the manner in which this is taught. We teach RHSE within a moral (but not moralistic) framework.

RHSE in VST schools is about what constitutes wellbeing and loving care for ourselves (physical, emotional and mental health education), how we show loving care for others (relationships education) and, when at an appropriate age and stage in life, how we show loving care to those with whom choose to be intimate - sex education.

Pupils consider how to ensure that they treat themselves and others, at all times and in all contexts, with dignity and respect.

RHSE is delivered in a way that affords dignity and shows respect to all who make up our diverse community. It does not discriminate against any of the protected characteristics in the Equality Act and is sensitive to the faith and beliefs of those in the wider school community. RSE seeks to explain fairly the tenets and varying interpretations of religious communities on matters of sex and relationships and teach these viewpoints as appropriate to the context of the school and always with respect. It will encourage pupils to develop the skills needed to disagree without being disagreeable, to appreciate the lived experience of other people and to live well together.

RSE seeks to build resilience in our pupils to help them form healthy relationships, to keep themselves safe and resist the harmful influences including those on-line.

RSE promotes healthy, resilient relationships that sits within the VST schools Christian Vision and includes values such as honesty, integrity, self-control, courage, humility, kindness, forgiveness, generosity and a sense of justice.

Pupils with SEND will have had the content made accessible to them through carefully adjusted plans which meet their needs.

6. Roles and Responsibilities

VST Trust Board and Local Schools Board (LSB)

The Trust Board approves this RHSE policy and holds the CEO to account for its implementation. The LSB for each school approves the schools' curriculum content and holds the Headteacher to account for its implementation.

Headteachers/Heads of School

The Headteacher/Head of School is responsible for ensuring that RHSE is taught consistently across the school, and for managing any requests to withdraw pupils from non-statutory components of RHSE (see Section 8 below).

Staff

Staff are responsible for:

- Delivering RHSE in a sensitive and age-appropriate manner
- Modelling positive attitudes to RHSE
- Monitoring progress

The Diocese of Chelmsford Vine Schools Trust is a company limited by guarantee. Registered in England No 8709542. Registered Office 53, New Street Chelmsford CM1 1AT

- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RHSE.

Pupils
Pupils are expected to treat others with respect and sensitivity when discussing issues related to RHSE

Parents and carers right to withdraw
*Parents and carers do **not** have the right to withdraw their children from relationships education.*
Parents do have the right to withdraw their children from the non-statutory components of sex education within RSE.

We hope that parents and carers will be confident of the care and consideration that has gone into the RSE developed in our school and will therefore support our programme but invite anyone who wishes to exercise the right to withdraw to discuss it further with us, when we can explore any concerns.

Following this process, requests for withdrawal should be put in writing using the form found in **Appendix 2** of this policy and addressed to the headteacher.

7. Training
Staff are trained on the delivery of RHSE and it is included in each school's continuing professional development calendar.
Some schools may also choose to invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RHSE.

8. Monitoring arrangements
The delivery of RHSE across the Trust is overseen by the Trust School Improvement Team and monitored by the LSB, via a report from the Headteacher.
Pupils' development in RHSE is monitored by class teachers as part of their internal assessment systems, just as it is for all curriculum subjects.
This policy will be reviewed in line with the dates on page 1 and, at every review, the policy will be approved by the Trust Board.

The Diocese of Chelmsford Vine Schools Trust is a company limited by guarantee. Registered in England No 8709542. Registered Office 53, New Street Chelmsford CM1 1AT

Appendix 1: Curriculum Outline for our school, for each year group.

Please see our school website for our whole school curriculum.

https://www.greatyeldhamschool.co.uk/curriculum-and-classes/curriculum/

The Diocese of Chelmsford Vine Schools Trust is a company limited by guarantee. Registered in England No 8709542. Registered Office 53, New Street Chelmsford CM1 1AT

Appendix 2: Parent form

Withdrawal from sex education elements within the RSE curriculum (withdrawal from relationships education is not permitted)

We hope that parents and carers will be confident of the care and consideration that has gone into the RSE developed in our school and will therefore support our program, but invite anyone who wishes to exercise the right to withdraw to make an appointment to come in to discuss it further, when we can explore any concerns that you have

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	

The Diocese of Chelmsford Vine Schools Trust is a company limited by guarantee. Registered in England No 8709542. Registered Office 53, New Street Chelmsford CM1 1AT

Appendix 3 Managing Difficult Questions

- Primary-aged children may often ask their teachers or other adults questions pertaining to sex or sexuality which go beyond what is set out for Relationships Education.
- Given ease of access to the internet, children whose questions go unanswered may turn to inappropriate sources of information.
- We answer questions within the context of being respectful, open, confidential and kind.
- Before and/or during sex education lessons, some classes may use a question box or 'ask it' basket, so that children can ask questions that may be too shy to ask in front of others. Children may wish to do this with/without giving their names.
- When children ask questions staff will ensure that they are:
  - Listened to
  - Reassured that they and their question are valuable.
  - Responded to in an age and developmentally appropriate way.
  - Encouraged to talk about what they are learning with their parents/carers.
- If children ask factual questions to which the answers are not known by the member of staff, then staff will be honest, find out the answer and tell the child; if it falls within the remit of our curriculum.
- If children ask about whether adults enjoy sexual practices which are not covered in our sex education policy then staff will tell children that, as with many things in life, adults may enjoy different sexual practices, but they will not go into detail. Instead, staff will redirect to the curriculum being studied.
- If children raise questions or comments which prompt safeguarding concerns the school's safeguarding policy will be followed.
- If children raise questions outside of the content of our sex education curriculum, then it is likely that staff may suggest that children talk about the matter with a parent or carer and/or reassure children that they will also receive sex education at secondary school and so, as with other subjects, some parts of the curriculum are better dealt with when they are older.

The Diocese of Chelmsford Vine Schools Trust is a company limited by guarantee. Registered in England No 8709542. Registered Office 53, New Street Chelmsford CM1 1AT

Appendix 4 Puberty: Glossary of terms

A

Acne – Spots or blemishes brought on by hormonal changes. Can usually be treated with creams, facial washes and ointment.

Anus – The small opening at the end of the rectum or bottom, where poo comes out.

B

Balls – see testicles.

Bra – Underwear to support the breasts.

Breasts – These develop and grow during puberty. Sometimes one can grow bigger than the other. Breasts come in all shapes and sizes, and can be round or flat, soft or firm. Breasts produce milk after childbirth, to feed a baby.

C

Cervix – The plug at the end of the vaginal passage and the start (neck) of the uterus.

Chromosomes – In humans the sex chromosomes comprise one pair of the total of 23 pairs of chromosomes that provide all the information that make up a human. Individuals having two X chromosomes (XX) are female; individuals having one X chromosome and one Y chromosome (XY) are male. A man's sperm contains 22 chromosomes as well as either an X- or a Y-chromosome. A woman's egg contains 22 chromosomes plus an X-chromosome. The sperm that fertilises the egg determines the baby's sex. If the sperm carries an X-chromosome the baby will be XX and will become a girl. If the sperm carries a Y-chromosome the baby will be XY, a boy.

Clitoris – Small, soft pea shaped bud which lies above the urinary opening. Very sensitive part of the female body and when touched or rubbed can give sexual pleasure and orgasm.

D

Deodorant – Can help mask or prevent body odour but does not make up for daily washing, and changing and washing clothes often.

Discharge – it is normal for girls to have a slight clear or milky discharge from the vagina. This keeps the vagina healthy and can vary from day to day. Discharge can increase at ovulation (to help sperm swim up the vagina) and also during sexual arousal (to ease penetration) a thick, smelly discharge can be a sign of an infection and should be checked.

E

Ejaculation – Muscles in the base of the penis cause contractions, forcing semen to spurt out of the end of the penis. The muscle in the penis can contract between 3-15 times, ejaculating about a teaspoon of semen containing up to 300 million sperm!

Erection – An aroused, stiff/hard penis. Also known as ‘having a hard on’ or ‘stiffie’

Emotions – Feelings we experience such as anger, joy, sorrow, loneliness, jealousy, happiness. Our feelings can change during puberty, with the release of new hormones and changes happening to our bodies and in our relations. It is normal to feel more angry and moody at times, but if we feel too bad we should seek help.

F

Fallopian tubes – 2 tubes which the ova (eggs) travel along to reach the uterus (womb).

Female Genital Mutilation – A procedure where the female genitals are deliberately cut, injured or changed, but where there's no medical reason for this to be done. It is done for cultural reasons, not religious and is illegal in the UK.

Foreskin – A sleeve of skin which covers the head of the penis. With an erection, the foreskin stretches, exposing the head of the penis. Sometimes foreskins can be too tight, causing painful erections but this can be sorted out. Some people have them removed for religious, health or cultural reasons.

Friends – People we are close to or feel comfortable with and enjoy spending time with.

The Diocese of Chelmsford Vine Schools Trust is a company limited by guarantee. Registered in England No 8709542. Registered Office 53, New Street Chelmsford CM1 1AT

G

Growth – Bodies grow a lot during puberty and we have a lot of adapting to do. Areas that develop include: chests, breasts, hips and sexual organs.

Genitals – Name given to all the external sexual organs

H

Hair – Body hair appears around the genitals first (pubic hair) and then grows under the arms and on the legs. Young men also grow hair on their chest and face.

Hygiene – Changes to a young person's hormones and sweat glands, produce new body odours and sweat, which can be smelly. The best way to keep clean is to wash under arms and around the hair and genital area with soap and water regularly (ideally at least once a day) and to change pants and socks every day.

Hormone – chemical substances in the body that give messages to different parts of the body to start changing/developing during puberty.

I

Inner Lips – The smaller lips that surround the entrance to the vagina and urethra (wee hole), just inside the outer lips (also known as labia).

IVF – where specialist doctors fertilise the egg of the woman with the sperm of the man, but outside of the body. The fertilised egg creates an embryo which is then put back inside the woman so she becomes pregnant and grows the baby inside her uterus/womb.

M

Masturbation – Rubbing, stroking or touching one's own penis, clitoris and vagina for pleasure, (because it feels good). It's not bad for a person or harmful. It can help a person to learn about their body and what gives it pleasure. Also known as 'wanking'.

Menstruation – Another word for periods. Also known as 'time of the month', 'coming on'. A loss of blood (usually monthly) as the unused ovum (egg) comes out of the vaginal opening along with the lining of the uterus. Girls who start menstruating can become pregnant, if having unprotected sexual intercourse.

O

Oestrogen/progesterone – The female sex hormones. During puberty, oestrogen stimulates breast development and causes the vagina, uterus (womb) and Fallopian tubes (that carry eggs to the womb) to mature. Progesterone plays a part in regulating a girl's menstrual cycle.

Orgasm – The peak, most pleasurable or most intense part of sexual pleasure. Can happen through masturbation or penetrative sex. Also known as 'coming' or climax'.

Outer Lips - Outer lips of the vulva, which cover the sexual parts of a woman's or girl's body including her clitoris, urethra and the entrance to the vagina (also known as labia).

Ova – plural of ovum (eggs)

Ovary – where the ova (eggs) are kept. There are usually two.

Ovum – the egg from a female that could potentially become a baby if it meets with a sperm.

P

Period(s) – See menstruation

Puberty – Emotional and physical changes that happen in early adolescence, as the body begins to mature sexually and develop.

Penis – Also known as 'willy'. 'cock' or 'dick', this is the shaft shaped reproductive organ that hangs outside the male body. When rubbed or stroked, the penis can become hard and sexually aroused, and ejaculation and orgasm can happen.

Progesterone – One of the female sex hormones that plays a part in regulating a girl's menstrual cycle.

Prostate Gland – The muscles of the prostate gland help propel semen into the urethra during ejaculation.

The Diocese of Chelmsford Vine Schools Trust is a company limited by guarantee. Registered in England No 8709542. Registered Office 53, New Street Chelmsford CM1 1AT

Pubic hair – Hair which starts to grow around the genitals during puberty.

R

Relationships – Intimate and close friendships or emotional attachments. These can take on more importance as we reach puberty. Can be of a sexual nature.

S

Sanitary towels – made up of pads of cotton wool that a girl or woman presses onto the inside of a pair of knickers to catch the blood during a period to protect her clothes.

Semen – Contains sperm, the male reproductive agent, produced in their millions every day from puberty, in the testicles.

Sexual awakening – Starts during puberty, as girls' clitoris, labia and breasts and boys' penis and testicles develop.

Sexual Intercourse – Sexual contact between individuals involving penetration, especially the insertion of a man's erect penis into a woman's vagina, typically culminating in orgasm and the ejaculation of semen. If it occurs when the woman is ovulating (releasing an egg), it can lead to conception, where the sperm fertilises the egg.

Sexual Reproduction – Occurs when a male sex cell (sperm) and the female sex cell (egg) join. This fusion of sex cells is called fertilisation. Sexual reproduction allows some of the genetic information from each parent to mix, producing offspring that resemble their parents, but are not identical to them. In this way, sexual reproduction leads to variety in the offspring. In humans this process may happen through sexual intercourse or IVF.

Scrotum – Sack or pouch which hold testicles. During puberty the scrotum becomes baggy, helping the testicles to hang away from the body. This helps to keep the temperature down, which allows sperm to be produced.

Smegma – A creamy substance which builds up under the foreskin. It is normal but can be smelly if left unwashed. To wash under the foreskin, pull it back gently and gradually and wash around the head of the penis with soapy water.

Sperm duct – Also known as 'Vas Deferens'. The job of these tubes is to carry sperm to the urethra before ejaculation.

Spots – See Acne.

Sweat – During puberty new sweat glands start to work, producing a distinct body odour. Washing every day with soap and water and changing clothes regularly becomes important.

T

Tampon – a compressed pad of cotton wool created into a plug that can be inserted into the body in the vaginal passage by the girl or woman to soak up the period blood before it leaves the body in order to protect her clothes and to allow her to go swimming during her period, if she chooses.

Testicles – Also known as 'balls', these are held in the scrotum (sack/ball bag) found below the penis, which produce millions of sperm every day.

Testosterone – The male sex hormone. During puberty, rising levels of testosterone encourage the growth of the testicles, penis, and pubic hair. The voice begins to deepen, and muscles and body hair grow. Along with these changes comes growing sexual desire.

U

Urethra – The tube which runs from the bladder through the penis. It carries sperm to the penis and urine (wee) from the bladder to the penis.

Urinary opening – Opening of the urethra, a separate opening from the vagina (lying above it), where urine (wee) comes out.

Uterus – A fertilised egg (one that has joined a sperm) embeds itself into the lining of the uterus and grows into a baby. If this doesn't happen the lining of the uterus comes away as part of a period and renews itself for the next month.

The Diocese of Chelmsford Vine Schools Trust is a company limited by guarantee. Registered in England No 8709542. Registered Office 53, New Street Chelmsford CM1 1AT

V

Vagina – The opening of the reproductive part of the girl's body (the passage which leads to the womb). This is also the passage through which the penis enters during sexual intercourse.

Voice – For boys, puberty brings changes to the voice box. Voices 'drop' and become deeper. This happens as the larynx (voice box) grows and this makes voices deeper. Voice sometimes comes out as a squeak when the muscles of the larynx go out of control for a moment.

Vulva – Vulva refers to the external parts of the girl's genitals which you can see. This includes the clitoris, two sets of lips- the inner and the outer (also known as labia) and the entrance to the vagina.

W

Wet dreams – Having an orgasm, ejaculating while you are asleep. This is normal for boys during puberty and is a sign of sexual awakening. Sometimes boys will notice a wet stain in their pyjamas or on their sheets.

Womb – (See uterus)

The Diocese of Chelmsford Vine Schools Trust is a company limited by guarantee. Registered in England No 8709542. Registered Office 53, New Street Chelmsford CM1 1AT

Appendix 5 – Science and Sex Education

Under the school Curriculum, the basics of Sex Education fall within the science curriculum. The statutory content requires maintained schools to teach children about human development, including puberty, and reproduction.

In Key Stage 1, pupils will:
Be introduced to the process of reproduction and growth in animals. They should be introduced to the concepts of reproduction and growth, but not how reproduction occurs.

Key Stage 2, pupils will:
Be taught about different types of reproduction, including sexual and asexual reproduction in plants and sexual reproduction in animals. Pupils should draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty.

Please see the DfE Science Programme of Study below which includes specific content for each year group.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/425618/PRIMARY_national_curriculum_-_Science.pdf

The Diocese of Chelmsford Vine Schools Trust is a company limited by guarantee. Registered in England No 8709542. Registered Office 53, New Street Chelmsford CM1 1AT