



## Relationships and Sex Education Policy

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**At Lark Hill Nursery School we aim to promote the development of positive and caring relationships.** Today's children and young people are growing up in an increasingly complex world, living their lives seamlessly both on, and offline. This presents many positive and exciting opportunities, but also challenges and risks.

Lark Hill Nursery School considers that Relationships & Sex Education (RSE) is an integral part of the Personal, Social and Emotional Development aspect of our curriculum.

- PSED makes a significant contribution to the promotion of young people's personal and social development.
- Through the promotion of PSED, skills are developed that our children need for them to grow and flourish as individuals and members of society.
- PSED contributes to helping children and young people to build their personal identities, confidence, and self-esteem.
- PSED enables them to recognise and manage their emotions and to communicate positively in a range of different scenarios.

We believe that Relationships and Sex Education includes supporting young people in developing self-confidence in preparing them for the physical and emotional changes into adulthood.

It promotes an understanding of the range of family types and other people who contribute to providing children with the care, love and support they need to grow and develop.

**We passionately believe this is paramount for teaching children the skills and knowledge to safeguard themselves, and prepare children and young people for the challenges, opportunities, and responsibilities**

This policy has been written to recognise that Sex and Relationships Education in the Nursery is about acquiring accurate information, developing positive values and a caring framework which will guide future decision making and judgements.

At Lark Hill Nursery School we encourage the children to develop the skills of looking after themselves and to be thoughtful towards others. We answer children's questions as honestly and sensitively as possible in an age appropriate manner. It is recognised that not all children will ask questions so our approach also includes the provision of role play materials e.g. boy and girl dolls, books representing many families and people to raise interest and discussion about differences. Families will be kept involved and informed about all aspects of Sex and Relationships Education which takes place. They are also invited to become involved in our activities such as reading stories, talking about being pregnant or looking after a young baby.

As part of our curriculum we will explore the themes of:

*Friendship*

*My family*

*My feelings*

*Dealing with conflict*

*Babies*

We will do this by:

- Providing PSED Education that is dynamic, relevant, and appropriate for the challenges and contexts of 21st century life as part of our commitment to broad outcomes for children.
- Teaching children about equality and diversity as is our duty within the Equalities Act (2010).
- Sharing stories and information books about different family structures (including single parent families, LGBT parents, adoptive parents, foster parents/carers amongst other structures.)
- Providing our children with Relationships and Sex Education that is age appropriate and contributes to lifelong learning and well-being.
- Having a strong commitment to confidentiality and to providing a safe learning environment where all feel respected whilst safeguarding vulnerable pupils.
- Informing and working with parents and families to support and promote our work in school by making appropriate policies.