



Europäische Schule RheinMain
The European School

**Sexual- und Beziehungskunde in
der Primarstufe der Europäischen
Schule RheinMain**

Sex and Relationship Education

European School Rhein Main

April 2023



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Introduction

Sex and Relationship Education is lifelong learning about sex, sexuality, emotions, positive relationships and sexual health. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes. This topic has a key part to play in the personal, social and moral development of the children and young people. It begins informally in the home with parents/ careers long before any formal education takes place at school.

It is our belief at ESRM that our pupils should experience a planned program for sex and relationships education that offers the opportunity to explore attitudes and values and to develop skills and knowledge appropriate to their age, understanding and development. Our policy promotes equality, recognizes diversity and shows respect to others regardless of their sexual orientation.

1. Obligations for the teaching of Sex and Relationships Education

According to the curriculum of Discovery of the World (2015-09-D-30-en-3), Sex education should be taught in the 5th year of the Primary School (P5). The children will have explored changes and the development of their body in Discovery of the World, and explored friendships and relationships in other years from PP onwards, specifically within their MOVE (starting September 2023) sessions in P1-P5. The explicit teaching of Sex Education is however always taught in the later part of the second semester of P5.

This policy also takes into account the legal recommendations from the Hessisches Kultursministerium (August 2016) in the document 'Lehrplan Sexualerziehung – Für allgemeinbildende und berufliche Schulen in Hessen'. In article 6 of 'Grundgesetz' and article 55 of the Hessian constitution, the parental obligations within this topic are clearly defined. The development of a personal attitude to sexuality belongs in the family, with the impact of sexuality on society and the delivery of science based sex education being the mission of the school. The school's mission is bound by the purpose to provide students with an open, non-discriminatory and appreciative understanding of the different types of relationships, the changes children go through during puberty, and for the children to be educated on the scientific reasons for these changes.

2. Development of the Policy

This policy has been written by the Head of the Primary School in consultation with a working group of teachers and specialist advisors. The policy takes into account the legal recommendations of the Hessen State, as well as the expectations from the European Schools Central Office in Brussels. Parents have also contributed to the construction of this document. This policy also links to the Safeguarding Policy of the school. When there are questions related to the policy, they should be posed to the Head of the Primary School.

3. Participation in Lessons

Both the European Schools and the Hessisches Kultursministerium regard sex education as compulsory for all students. The school recognises that there is a wide diverse community at ESRM, with differing views on the teaching of Sex Education. These cultural and religious beliefs will always be respected, and specific concerns addressed, however children must complete this unit of work. When there are issues in regard to participation, this must be directed to the Head of Primary.

4. Parental Involvement

The school recognises that children have an existing understanding in this topic area. Some children by P5 will be fully aware of the changes to their body, and some will not be. Additionally, children might have been exposed to many different images, opinions and misconceptions from social media, the Internet or via talking to other people. This topic area is often hard and complicated for parents to talk to their children about, and often children are embarrassed to talk to their parents about these issues. The school wishes to build a positive and supporting relationship with our parent/ carers through mutual understanding, trust and cooperation. In promoting this objective we:

- Send out the Sex Education Policy to all P5 parents in advance of the unit starting.
- Have an open information evening for all P5 parents before the units of sex education start.
- Take seriously any issue that parents raise with teachers about the policy, or the arrangements for sex education in the school.

The school expects that the parents form a vital link before, during and after the unit of study. **Before the unit**, children should be made aware by parents of the upcoming topic area, and talk about any concerns they have. Children should understand that they should feel comfortable talking to both parents and teachers about any questions or problems they encounter. Children should understand that we have all, or we all will, go through this period of development at one time. **During the unit**, parents should ask the children what they learnt, and engage with the key learning within the course. Parents should, **after the unit** is finished, review the learning with the child, and ensure that they can come back to teachers/ parents at any time when they need advice or clarity on any aspect of their development.

Parents and teachers will and must reiterate that they should talk about this unit to only their friends or adults. This information is not for younger children, and the school will not tolerate any form of bullying or unkind behaviour on this subject. Children who break this expectation can expect consequences in line with the school's behaviour policy.

5. Programme at ESRM

The unit of study follows a very defined path in the Primary School. Teachers are well qualified to teach their elements of the course. The path of learning below is typical of the teaching process here at ESRM, however the length and amount of lessons might differ due to the nature of interest and class discussions.

Part 1: Introduction

This/these lesson(s) will be taught in homeroom classes altogether. Children will discuss how they have changed from birth to today, as well as how they will change in the future. Children will look at the timeline of life, and understand that changes have happened both physically and emotionally already, now and will do in the future. Children often bring in baby photos to look at the changes since birth. This lesson has the focus to allow the children to feel happy that changes have occurred, and is a normal thing.

The children will also look at the different types of relationships that they have in their life, and look at the definition of what a relationship is (i.e. relationship with family members, as friends, as boyfriend and girlfriend, in a marriage etc.). The concept of love will also be discussed, looking at the different ways we can love 'things' and 'people'. (i.e. the love we have for parents, love for a specific food, love between couples).

Children will also discuss the private nature of our bodies, and how it is okay to communicate when we are not comfortable when situations encroach personal space (i.e. the right to say no when something is uncomfortable). The concept of personal space will be discussed.

Children will be given an opportunity to write any 'anonymous questions' and put in a question box that will be reviewed ongoing. Children will go through the rules of the question box with their class teacher.

Rules of how children should act during this topic will be established.

Part 2: Biological Elements of Sex Education

This/these lesson(s) will be taken in single sex classes. Ideally the class will be taken by a teacher of the same sex as the group. This/these lesson(s) normally lasts between 60-90 minutes.

This/these lesson(s) the children will learn about:

- Names of the sexual organs for both males and females (both formal and informal).
- How the body will change for both males and females (i.e. voice, body hair etc). Children should recognise the similarities and differences between both sexes, including the equal rights and status for both sexes.
- How feelings/ moods and interests change as we get older. Children will discuss strategies on how to deal with these emotions.
- The names of the hormones for both males and females and how they affect development.
- What happens during the menstrual cycle (covered in more detail in the girls group)
- Basic information of how a baby develops from an egg and sperm onwards, and where in the body the baby develops.
- How to keep clean and how to keep 'sensitive' body areas clean.
- Who to talk to when they have problems, worries or concerns.

This/these lesson(s) does not cover any 'physical' sexual aspects, however questions the children may have may need clarification when this topic area is covered. However, when questions are too sensitive, they will be discussed 1:1 with the child.

Part 3: Review

This/these lesson(s) will be conducted in the class by the homeroom teacher. It will be a mixed sex lesson. Children will evaluate the unit, and ask any last questions. The teacher should evaluate the emotional wellbeing of the children.

6. Confidentiality and Safeguarding

If any member of Staff hears or sees something during the sex education lessons that suggests a pupil is at risk of serious harm or of causing serious harm to others; or if a pupil discloses that they're involved, or likely to be involved in sexual activity, then the member of staff must share that information with the Head of Primary in line with the safeguarding policy of the school.

It must be noted that staff cannot offer parents or pupils unconditional confidentiality. When delivering lessons on this topic teachers will:

- Discuss confidentiality with the pupils and ensure they are aware of confidentiality boundaries.
- Remind the pupils the agreed way to ask questions related to a topic.
- Encourage the pupils to discuss content of lessons with parents/ carers.
- Remind pupils not to discuss the topic area with younger children in school, or with younger siblings outside of school.

7. Inclusion Issues

Due to the diverse nature of relationships in the world, it is expected that issues related to same sex relationships, gender identification, single parent families etc. could arise. According to article 6 of the 'Grundgesetz' all forms of different relationship partnerships are fully accepted and tolerated, and will be done so within the sex education unit. There are no barriers for such issues to form part of the conversation within the sessions; however sensitive topics will be covered with the discretion of the class teacher, who knows the emotional maturity of the class the best. This does not mean that these topics will be directly taught, however the school celebrates difference and diversity, and this will come across at all times in this unit, always in a non-discriminatory way.

8. Afterword

Children and adults alike often have nervousness with this topic. The school understands this nervousness, and this policy makes it clear through teaching of sex education in the school. Children MUST have their emotional wellbeing monitored at all times to ensure their positive access to this part of the curriculum. The topic is serious, however children need to feel safe and secure in this unit, and children might laugh due to nervousness on certain aspects of the topic. This is expected. However positive behaviour is expected at all times in this course. Any questions about this topic area can be asked of the class teacher responsible for their class, or the Head of Primary.

9. Literature or websites of interest to teachers or parents.

English Resources

www.brook.org.uk

www.youngpeopleshealth.org.uk

www.sandyford.org/professionals/rshpe/

The Period Book – Karen Gravelle – ISBN: 978-0749917050

What's Happening to Me? Alex Firth – ISBN: 978-0746076637

German Resources

Für Kinder und Eltern

Peter, Ida und Minimum. Grethe Fagerström, Gunilla Hansson. Ravensburger, ab 5 Jahre

Wo kommst Du her? Aufklärung für Kinder ab 5 Jahre. Sonja Härdin, Dagmar Geisler, Loewe

Lisa & Jan. Ein Aufklärungsbuch für Kinder und ihre Eltern. Frank Herrath, Uwe Sielert., Beltz.

Das große Buch vom Körper. Sylvia Schneider, Bettina Gotzen-Beek, Cjb.

Ratgeber für Eltern

Bundeszentrale für gesundheitliche Aufklärung: <https://www.bzga.de/>

<https://schule.loveline.de/>

Pubertät. Wie Eltern ihre Kinder durch die Teenagerzeit begleiten können,
<https://www.sueddeutsche.de/thema/Pubert%C3%A4t>

BZgA: Liebevoll begleiten. Körperwahrnehmung und körperliche Neugier kleiner Kinder. Ein Ratgeber für Eltern vom 1. bis zum 6. Lebensjahr (kostenlos zu bestellen unter www.bzga.de)

BZgA: Über Sexualität reden. Ein Ratgeber für Eltern zur kindlichen Sexualentwicklung zwischen Einschulung und Pubertät (kostenlos zu bestellen unter www.bzga.de)

BZgA: Über Sexualität reden. Die Zeit der Pubertät (kostenlos zu bestellen unter www.bzga.de)

Jungen sind anders, Mädchen auch. Den Blick schärfen für eine geschlechtergerechte Erziehung. Melitta Walter, Kösel.

Was ist Liebe? Sexualerziehung in der Familie. Elisabeth Raffauf, Beltz.