Plat Douet School
SRE Policy

Sex and Relationships Education Policy

September 2026

At Plat Douet School every learner is entitled to a curriculum rich and varied, challenging and inspiring, which enables every individual to reach their fullest potential to the highest possible standard and allow all pupils to ‘be the best they can be’.

Vision

At Plat Douet School, our vision is to empower every child to grow into a confident, respectful and informed individual who understands their own bodies, builds healthy relationships, and makes positive choices. Through high-quality inclusive Sex and Relationships Education, we aim to nurture emotional wellbeing, resilience, and respect for the rights of all, supporting pupils to thrive in a diverse and ever-changing world.

We believe that SRE is not just a subject, but a foundation for lifelong learning, helping our children develop the knowledge, language, and values to form safe and respectful relationships and to protect themselves and others.

Introduction

At Plat Douet, our Sex and Relationships Education (SRE) policy is based on the Jersey SRE framework and reflects our school's values and ethos. SRE is lifelong learning about physical, emotional, psychological, sexual, and moral development. It involves understanding the importance of stable, loving relationships, respect for oneself and others, and education about sex, sexuality, and sexual health. SRE is an essential element of our PSHE and Citizenship curriculum.

As a Rights Respecting School, Plat Douet is committed to supporting children's rights, particularly:

Article 34

You have the right to be kept safe from sexual abuse.

Aims

Our SRE curriculum provides a safe, respectful learning environment that supports children's emotional and social development. It aims to:

- Promote emotional wellbeing and support academic success
- Encourage respect for diversity and inclusion
- Develop understanding of the legal context surrounding sex and relationships
- Equip children with knowledge and skills to keep themselves safe on and offline
- Build confidence to seek advice and support when needed

We teach sex education in the context of Plat Douet's values. We believe:

- SRE should be grounded in the importance of loving, respectful relationships and family life
- It is part of broader personal, spiritual, and moral education
- Children should develop respect for their own bodies
- Pupils should learn about their responsibilities to others and the consequences of their actions
- Building trust, mutual respect, and self-control is key

The 3 I's: Intent, Implementation, and Impact

Intent:

Our aim is to empower pupils with the knowledge, understanding, and skills to make informed choices, build healthy relationships, and respect themselves and others. We promote a culture of openness and safety where questions can be asked and answered sensitively.

Implementation:

SRE is delivered through PSHE lessons, as well as the occasional input from external agencies. Lessons are planned with regard to age, development, and cultural background. The curriculum uses accurate information and is underpinned by the school's safeguarding and wellbeing policies. Lessons are differentiated to meet the needs of all learners, including Multilingual Learners and those with SEND.

Impact:

The effectiveness of the SRE programme is measured through pupil voice, teacher assessment, and regular curriculum reviews. Pupils will be able to articulate key concepts about their bodies, healthy relationships, and safety, demonstrating confidence and a developing sense of responsibility.

Teaching and Learning

SRE is integrated across the curriculum, particularly through:

- Science – exploring life processes and body development

- RE – discussing respect, values, and family life
- PSHE – building emotional resilience, relationship skills, and digital safety

The content is always age-appropriate and tailored to our school community. It includes:

Key Stage 1:

- Life cycles of animals and humans
- Correct names for body parts
- Respect for others and appreciation of difference

Key Stage 2:

- The human life cycle in greater depth
- Year's 4 and 5: Puberty, body changes, menstruation
- Year 6: reproduction, birth, looking after babies

Multilingual Learners (MLL)

We ensure that all children, including those who speak English as an additional language, can access SRE content by:

- Using visuals, key vocabulary displays, and pre-teaching terminology
- Supporting understanding with simplified language and translation where needed
- Providing additional adult support and peer collaboration

Oracy in SRE

We value oracy as a tool for developing confidence, emotional literacy, and communication skills. In SRE lessons, pupils are supported to:

- Express themselves clearly and respectfully
- Participate in discussions, debates, and roleplay
- Listen to and consider different viewpoints
- Use accurate vocabulary when talking about bodies, emotions, and relationships

Parental Engagement

Parents and carers play a vital role in supporting their child's development. We aim to work in partnership by:

- Hosting annual parent information sessions from Year 4 onwards
- Offering opportunities to view teaching materials
- Encouraging open communication about any concerns

Safeguarding and Confidentiality

All staff delivering SRE are aware that discussions may lead to disclosures of safeguarding concerns. In such cases, staff follow the school's child protection procedures and inform the Designated Safeguarding Lead (DSL) immediately.

Monitoring and Review

The Headteacher and SRE Lead regularly review the SRE curriculum and policy to ensure content remains relevant and effective. Feedback from staff, parents, and pupils is actively sought and informs future development. Records of planning and delivery are kept by teachers and reviewed annually.

Subject Leader: Bernard Rebours

Date: September 2026