



# **St. Mary's RC Primary School**

## **Relationships and Sex Education Policy**

Date policy last reviewed: March 2022

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## **Mission Statement**

We aim to provide a safe, caring, Catholic community where each member is valued and respected and enabled to achieve their potential through a broad and balanced curriculum. This is summed up neatly in our school motto: To learn and grow together in Christ.

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### **1. Rationale**

'I have come that you might have life and have it to the full.'  
(Jn.10.10)

1.1 We are involved in relationships and sex education precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to RSE therefore is rooted in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals.

1.2 At the heart of the Christian life is the Trinity; Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God's gift, reflect God's beauty, and share in the divine creativity. RSE, therefore, will be placed firmly within the context of relationship as it is there that sexuality grows and develops.

1.3 Following the guidance of the Bishops of England and Wales and as advocated by the DFE (and the Welsh Assembly Government) RSE will be firmly embedded in the PSHE framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centred on Christ's vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated.

1.4 All RSE will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also prepare pupils for life in modern Britain.

## **2. Defining Relationship and Sex Education**

2.1 DfE guidance states that “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”. It is about the development of the pupil’s knowledge and understanding of her or him as a sexual being, about what it means to be fully human, called to live in right relationships with self and others and being enabled to make moral decisions in conscience.

2.2 In primary schools the focus 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.” This would include the topics of families and the people of who care for me, caring friendships, respectful relationships, online relationships and being safe.

## **3. Parents and Carers**

3.1 We recognise that parents (and other carers who stand in their place) are the primary educators of their children. As a Catholic school, we provide the principal means by which the Church assists parents and carers in educating their children. Therefore, the school will support parents and carers by providing material to be shared with their children at home.

3.2 Parents/carers will be informed by letter when the more sensitive aspects of RSE will be covered in order that they can be prepared to talk and answer questions about their children’s learning.

3.3 In addition, parents/carers will be consulted before their child’s final year of primary school about the detailed content of what will be taught. This will include offering them support in talking to their children about sex education and how to link this with what is being taught in school.

3.4 Parents/carers will be consulted about the development of our RSE programme and before this policy is ratified by the governors. They will be able to view the resources we will use in our RSE programme. Our aim is that, at the end of the consultation process, every parent and carer will have full confidence in our RSE programme to meet their child’s needs.

3.5 We believe that the controlled environment of the classroom is the safest place for this curriculum to be followed. However, parents/carers have the right to withdraw their children from Sex Education except in those elements which are required by the National Curriculum science orders. Should they wish to withdraw their children they are asked to notify the school by contacting the Headteacher. We will provide support by providing material for parents/carers to help the children with their learning.

## **4. Transition to KS3**

4.1 It is important that the transition phase before moving to secondary school supports pupils’ ongoing emotional and physical development effectively. Our programme is tailored to the age and the physical and emotional maturity of our pupils. It will 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.

## **5. Purpose of Study**

5.1 As stated previously, our focus is 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.

5.2 We have chosen to use ‘Ten Ten – Life to the Full’ as a whole-school resource to deliver the following objectives as it is a graduated, age-appropriate programme. When using it, we will take into account the developmental differences of our children.

5.3 Our RSE programme enshrines the Catholic values relating to the importance of stable relationships, marriage and family life. It also promotes those virtues which are essential in responding to God's call to love others with a proper respect for their dignity and the dignity of the human body.

5.4 Furthermore, we will endeavour to raise pupils' self-esteem, help them grow in knowledge and understanding, recognise the value of all persons and develop caring and sensitive attitudes.

## **6. Objectives**

By the end of KS2, we aim:

### **6.1 To develop the following attitudes and virtues:**

- reverence for the gift of human sexuality and fertility;
- respect for the dignity of every human being – in their own person and in the person of others;
- joy in the goodness of the created world and their own bodily natures;
- responsibility for their own actions and a recognition of the impact of these on others;
- recognising and valuing their own sexual identity and that of others;
- celebrating the gift of life-long, self-giving love;
- recognising the importance of marriage and family life;
- fidelity in relationships.

### **6.2 To develop the following personal and social skills:**

- making sound judgements and good choices which have integrity, and which are respectful of the individual's commitments;
- loving and being loved, and the ability to form friendships and loving, stable relationships free from exploitation, abuse and bullying;
- managing emotions within relationships, and when relationships break down, with confidence, sensitivity and dignity;
- managing conflict positively, recognising the value of difference;
- cultivating humility, mercy and compassion, learning to forgive and be forgiven;
- developing self-esteem and confidence, demonstrating self-respect and empathy for others;
- building resilience and the ability to resist unwanted pressures, recognising the influence and impact of the media, internet and peer groups and so developing the ability to assess pressures and respond appropriately;

### **6.3 To know and understand:**

- the Church's teaching on relationships and the nature and meaning of sexual love;
- the Church's teaching on marriage and the importance of marriage and family life;
- the centrality and importance of virtue in guiding human living and loving;
- the physical and psychological changes that accompany puberty;
- the facts about human reproduction, how love is expressed sexually and how sexual love plays an essential and sacred role in procreation;
- how to manage fertility in a way which is compatible with their stage of life, their own values and commitments, including an understanding of the difference between natural family planning and artificial contraception;
- how to keep themselves safe from sexually transmitted infections and how to avoid unintended pregnancy, including where to go for advice.

## **7. Structure and Organisation**

### **8. Inclusion and Differentiated Learning**

8.1 We will ensure RSE is sensitive to the different needs of individual pupils in respect to pupils' different abilities, levels of maturity and personal circumstances; for example, their own

sexual orientation, faith or culture and is taught in a way that does not subject pupils to discrimination.

8.2 Lessons will also help children to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber-bullying), use of prejudice-based language and how to respond and ask for help.

8.3 Pupils with particular difficulties whether of a physical or intellectual nature will receive appropriately differentiated support in order to enable them to achieve mature knowledge, understanding and skills. Teaching methods will be adapted to meet the varying needs of this group of pupils.

### **9. Cross-Curricular Links**

9.1 This RSE policy is delivered as part of our PSHE framework. It includes guidelines about pupil safety and is compatible with the school's other policy documents (for example, Behaviour Policy, Safeguarding Policy etc).

9.2 The national curriculum for Science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals. We are legally required to teach those aspects of RSE which are statutory parts of National Curriculum Science

### **10. Monitoring, Assessment and Reporting**

10.1 Assessment will be based on teachers' ongoing assessments and judgements using resources from 'Ten Ten – Life to the Full.'

10.2 The RSE Leader will work alongside the SLT to monitor standards of teaching and learning.

10.3 A structured cycle of planning and work scrutiny, observations and pupil voice will provide information to judge the effectiveness of the subject as well as future developments.

10.4 The RSE Leader will report termly to the SLT using a standard format and this information will feed into the termly Headteacher Report.

10.5 Curricular development is linked to the SIP and performance management cycle.

### **11. Equalities Obligations**

11.1 The governing body have wider responsibilities under the Equalities Act 2010 and will ensure that our school strives to do the best for all of the pupils, irrespective of disability, educational needs, race, nationality, ethnic or national origin, pregnancy, maternity, sex, gender identity, religion or sexual orientation or whether they are looked-after children.

### **12. Responsibility for teaching the Programme**

12.1 Responsibility for the specific relationships and sex education programme lays with the science, religious education, physical education, RSE and PSHE Leads. However, all staff will be involved in developing the attitudes and values aspect of the RSE programme. They will be role models for pupils of good, healthy, wholesome relationships as between staff, other adults and pupils. They will also be contributing to the development of pupils' personal and social skills.

### **13. External Visitors**

13.1 Our school will often call upon help and guidance from outside agencies and health specialists to deliver aspects of RSE. Such visits will always complement the current programme and never substitute or replace teacher led sessions.

13.2 It is important that any external visitor is clear about their role and responsibility whilst they are in school delivering a session. Any visitor must adhere to our code of practice developed in line with CES guidance 'Checklist for External Speakers to Schools'.

13.3 Health professionals should follow the school's policies, minimising the potential for disclosures or inappropriate comments using negotiated ground rules and distancing techniques as other teachers would. They will ensure that all teaching is rooted in Catholic principles and practice.

#### **14. Other roles and responsibilities regarding RSE:**

##### **14.1**      Governors

- draw up the RSE policy, in consultation with parents and teachers
- ensure that the policy is available to parents
- ensure that the policy is in accordance with other whole school policies, e.g., SEN, the ethos of the school and our Christian beliefs
- ensure that parents know of their right to withdraw their children
- establish a link governor to share in the monitoring and evaluation of the programme, including resources used
- ensure that the policy provides proper and adequate coverage of relevant National Curriculum science topics and the setting of RSE within PSHE.

##### **14.2**      Head teacher

- The Head teacher takes overall delegated responsibility for the implementation of this policy and for liaison with the Governing Body, parents, the Diocesan Schools' Service and the Local Education Authority, also appropriate agencies.

#### **12. Date of Policy**

March 2022

#### **13. Date of review**

Policy to be reviewed at least every 2 years. Results of evaluations will be reported to all interested parties and suggestions sought for improvements. Governors will consider all such evaluations and suggestions.

CORE THEME	Module 1: Created and Loved by God				Module 2: Created to Love Others			Module 3: Created to Live in Community	
	Unit 1 Religious Understanding	Unit 2 Me, my body, my health	Unit 3 Emotional well-being	Unit 4 Life cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
KEY STAGE ONE	Story Sessions: <a href="#">Handmade With Love (Kester's Adventures)</a>	Session 1: <a href="#">I Am Unique (Me)</a>	Session 1: <a href="#">Feelings, Likes and Dislikes</a>	Session 1: <a href="#">The Cycle of Life</a>	Session 1: <a href="#">God Loves You</a>	Session 1: <a href="#">Special People</a>	Session 1: <a href="#">Being Safe</a>	Session 1: <a href="#">Trinity House</a>	Session 1: <a href="#">The Communities We Live In</a>
		Session 2: <a href="#">Girls and Boys (My Body)</a>	Session 2: <a href="#">Feeling Inside Out</a>			Session 2: <a href="#">Treat Others Well...</a>	Session 2: <a href="#">Good Secrets &amp; Bad Secrets</a>	Session 2: <a href="#">Who Is My Neighbour?</a>	
		Session 3: <a href="#">Clean &amp; Healthy (My Health)</a>	Session 3: <a href="#">Super Susie Gets Angry</a>			Session 3: <a href="#">...and Say Sorry</a>	Session 3: <a href="#">Physical Contact</a>		
LOWER KEY STAGE TWO	Story Sessions: <a href="#">Designed for a Purpose (Kester's Adventures)</a>	Session 1: <a href="#">We Don't Have To Be The Same</a>	Session 1: <a href="#">What Am I Feeling?</a>	Session 1 (Yr4+): <a href="#">Life Cycles</a>	Story Sessions: <a href="#">Jesus, My Friend</a>	Session 1: <a href="#">Friends, Family and Others</a>	Session 1: <a href="#">Sharing Online</a>	Session 1: <a href="#">Trinity House</a>	Session 1: <a href="#">How Do I Love Others?</a>
		Session 2: <a href="#">Respecting Our Bodies</a>	Session 2: <a href="#">What Am I Looking At?</a>			Session 2: <a href="#">When Things Feel Bad</a>	Session 2: <a href="#">Chatting Online</a>	Session 2: <a href="#">What is the Church?</a>	
		Session 3 (Yr4+): <a href="#">What is Puberty?</a>				Session 3: When Things Change (Will be uploaded for Sep 2020)	Session 3: <a href="#">Physical Contact</a>		
	Session 4 (Yr4+): <a href="#">Changing Bodies</a>	Session 3: <a href="#">I Am Thankful!</a>							
Session 1: <a href="#">The Sacraments</a>	Session 5 (Yr4+): <a href="#">Discussion Groups - optional</a>								
UPPER KEY STAGE TWO	Story Sessions: <a href="#">Made to Grow (Kester's Adventures)</a>	Session 1: <a href="#">Gifts and Talents</a>	Session 1: <a href="#">Body Image</a>	Session 1: <a href="#">Making Babies (P1)</a>	Session 1: <a href="#">Is God Calling You?</a>	Session 1: <a href="#">Under Pressure</a>	Session 1: <a href="#">Sharing Online</a>	Session 1: <a href="#">Trinity House</a>	Session 1: <a href="#">Reaching Out</a>
		Session 2: <a href="#">Girls' Bodies</a>	Session 2: <a href="#">Peculiar Feelings</a>	Session 2: <a href="#">Making Babies (P12)</a>		Session 2: <a href="#">Do You Want a Piece of Cake?</a>	Session 2: <a href="#">Chatting Online</a>	Session 2: <a href="#">Catholic Social Teaching</a>	
		Session 3: <a href="#">Boys' Bodies</a>	Session 3: <a href="#">Emotional Changes</a>	*Optional. See your Programme Coordinator		Session 3: <a href="#">Self-Talk</a>	Session 3: <a href="#">Physical Contact</a>		
		Session 4: <a href="#">Spots and Sleep</a>	Session 4: <a href="#">Seeing Stuff Online</a>	Session 3: <a href="#">Menstruation</a>					