

The Federated Schools of St. Cuthbert and St. Sebastian's



Only my best will do. Be kind to one another

Relationships and Sex Education Policy

Committee Responsible Curriculum

Guided by:
The Archdiocese All That I AM

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The Federation of St Sebastian's & St Cuthbert's

In our Federation every child will be encouraged to develop as a unique individual. The Catholic faith underpins all aspects of the child's education. We will strive to be a positive force in the life of the church by creating a community where the principles of the Gospel are evident.

Catholic Teaching

"...children and young people should be helped to develop harmoniously their physical, moral and intellectual qualities..., they should receive a positive and prudent education in matters relating to sex, and young people have the right to be stimulated to make sound moral judgement based on a well-informed conscience and to put them into practice with a sense of personal commitment..."

Gravissimum Educationis (para. 3)

Second Vatican Council

Introduction

Our policy is to integrate Relationship and Sex Education into the curriculum in such a way as to meet the particular needs of children as they grow and develop. It will seek to answer questions honestly, when they occur, and in a manner appropriate to the child's age. From the child's early years, the sex education programme aims to:

- Provide information that is relevant and appropriate to the age and developmental stage of the pupils.
- Foster self-esteem, positive self-image and confidence.
- Foster respect for others, and a growing appreciation of the dignity of Christian marriage and family life.

The Federation works in partnership with parents, governors and the Community Health Service and School Health. Topics are based on the Diocesan sex education programme. It is taught through planned aspects of the National Curriculum Science, R.E. programme and Diocesan programme. Elements are covered through SEAL. Children in upper Key Stage 2 are given appropriate facts and information about sexual development.

Aims

In our Federation we believe in education about the development, growth and journey of the whole person towards becoming 'fully human, fully alive,' as a unique creation made in God's image. Education is at the heart of our Catholic school.

Within this context we recognise that the personal, moral and social development of all pupils including sex education is of paramount importance. More than ever do the children in our care need help and guidance to understand their own and others' sexuality in positive ways and to enjoy relationships based on mutual respect, dignity and responsibility free from any abuse.

Legal position

Guidance from the DFE requires all secondary schools to provide relationship and sex education and recommends that all primary schools have a RSE programme. In both cases it should be rooted in the schools PSHE framework.

We acknowledge that parents have the right to withdraw their children directly from sex education but hope the school and parent would discuss the reasons and impact of doing such ahead of time.

What is Education in Sexuality?

Education about relationships and sexuality begins at birth and continues throughout life. Young children are interested in themselves, their bodies and their relationships. A Sex Education programme (through SEAL) from reception to year 6 enables children to understand and value their bodies as well as develop positive attitudes and values towards sexuality.

The Objectives of our Education in Sexuality Programme are:

To enable pupils:

- To grow in self-respect and self-worth, recognising that each of us is created in the image of God;
- To explore the meaning and value of life, and give some appreciation of the values of a family life;
- To have some understanding that love is central and the basis of meaningful relationships;
- To become aware of their own emotions and how to manage them;
- To develop clear understanding of their bodies, including the changes which have taken place since birth and those which will take place in the years ahead;
- To increase their confidence in forming, maintaining and ending relationships;
- To protect themselves from abuse;
- To develop notions of self-esteem and self-worth;
- To assess, understand and resist peer and social pressures;
- To develop in themselves a caring and considerate attitude to each other and to society;
- To understand the reproductive process in humans and animals, using correct vocabulary for body parts alongside their own terminology;
- To provide a forum where they can share their concerns and offer a climate of support where they know they will be listened to sensitively.

Elements of our Programme

Education in sexuality needs to take account of the complexity of human sexuality itself. The curriculum will bring together all the elements that need to be addressed to help pupils become aware of themselves and what is involved in relationships.

Underlying principles

- Sexuality is a gift from God;
- We are made to love and be loved;
- What we say with our bodies should reflect what we mean in our hearts and minds;
- Mature Christian sexuality involves openness and commitment to others;
- Genuine love is creative.

Principles to be used:

Education in sexuality will usually be taught by the class teacher and designated members of staff. It will be taught as part of an integrated cross curricular PSHE programme. It will mainly be taught through science and R.E., on occasion as part of a topic or as a discrete lesson.

- The planned programme will meet the needs of pupils.
- Pupils are involved in the planning of the programme.
- Pupils know visitors to the classroom for RSE.
- Staff are clear about the full programme and discuss this with the pupils.
- Staff are clear about the purpose of the session. This is displayed and discussed with the pupils.
- Ground rules are established for working better together. These are referred to at the beginning of each lesson and pupils are reminded about them.
- Language for the classroom is established.
- Circle time carefully organised is a good way to deliver SRE.
- When appropriate, distancing techniques will be used. Photographs, articles from magazines, pieces of literature.
- The lesson will be designed giving pupils time for reflection on their learning.

Key Stage I - Levels of Learning and Understanding

By the end of key stage one pupils should be able:

- To recognise and understand the importance of valuing themselves and others and that they are children of God.
- To recognise and appreciate the term 'family' and the differing formats it can take.
- To recognise their membership of a family and the roles of individuals in the differing structure of families.
- To understand human growth and development and know themselves as male and female.
- To be able to name the main external parts of the body.
- To recognise and understand the term relationship and the range of relationships i.e. friends, family, husband /wife/ brother/sister.
- To recognise and understand the positive characteristics of a positive relationship i.e. sharing, working together, trust.
- To know about rituals that mark life and death: eg birth, marriage, death;
- To recognise that life is a gift from God and is precious.
- To recognise and begin to understand the range of emotions and how to

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deal with them in a positive and effective manner.

- To recognise and understand how to keep oneself safe.
- To recognise the need for personal health and safety and personal hygiene.
- To recognise and understand the dangers associated with use of the internet and other technologies.

Key Stage 2 - Levels of Learning and Understanding

By the end of key stage two pupils should be able:

- To value themselves as children of God, and their bodies as God's gift to them;
- To identify and explain how they grow and change throughout life;
- To understand and explain what is meant by the term relationship and the differing kinds of relationships i.e. within families, with friends and communities;
- To develop an appreciation and understanding of what is involved in bringing up children and what responsibilities parents have;
- To explain the rituals celebrated in Church, marking birth, marriage and death;
- To be able to identify and explain their changing emotions and the need to respect other people's emotions and feelings;
- To begin to know and understand the changes that come about through puberty;
- To know and understand their own bodies and their need for personal hygiene;
- To explain the names for the main parts of the body;
- To know the basic biology of human reproduction;
- To appreciate and explain that life is precious and a gift from God;
- To understand and explain the importance of forgiveness in relationships;
- To understand the responsibility they have for the choices and decisions they make.
 - P4C will be used to support elements of SRE throughout the curriculum. P4C is Philosophy for Children.

Roles and Responsibilities

Governors

In accordance with the Education Act of 1993 the governing body will keep up to date the school's policy for RSE, in consultation with parents and will make copies of the policy available to them. They will make known to parents their right to withdraw their children from all or part of RSE provided at school except for those parts included in the statutory National Curriculum.

Teachers

All teachers have a duty of care; as well as fostering academic progress they should actively contribute to the guardianship and guidance of the physical, moral and spiritual well-being of their pupils. Teachers will be expected to teach RSE in accordance with the Catholic ethos of the school. Appropriate training will be made available for all staff teaching RSE.

Parents/Guardians

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Recognising that parents are the primary educators of their children the school will seek to support them in this task. They will ensure that parents are kept informed of what is happening in RSE, and of our expectations of their children.

As a school we recognise Parents have the right to withdraw their children from aspects of the Relationship and Sex Education programme, which do not form part of the National Curriculum. Requests for withdrawal should be put in writing to the Head teacher but parents are strongly encouraged to discuss the matter before taking this step. Parents will be invited to view and discuss the materials used to deliver the Year 5 & 6 programme

Confidentiality and Safeguarding

Teachers conduct RSE lessons in a sensitive manner and in confidence. However, if a child makes a reference to being involved, or likely to be involved in sexual activity, then the teacher will take the matter seriously and deal with it as a matter of child protection. Teachers will respond in a similar way if a child indicates that they may have been a victim of abuse. In these circumstances the teacher will talk to the child as a matter of urgency. If the teacher has concerns, they will draw their concerns to the attention of the head teacher. The head teacher will then deal with the matter in consultation with health care professionals. (See also Child Protection Policy.) The Senior Leadership Team recognises that children may feel uncomfortable in these sessions due to life experiences/Child Protection Issues. These situations will be dealt with sensitively with appropriate support given.

Monitoring and review

The Curriculum Committee of the governing body monitors our RSE policy on an annual basis. This committee reports its findings and recommendations to the Full Governing Body, as necessary, if the policy needs modification. The Committee gives serious consideration to any comments from parents about the RSE programme, and makes a record of all such comments.

Resources Used

The resources the school will use in delivering the programme include:

- Religious Education Curriculum directory 2012
- Guidance for Education in RSE in schools (Clifton Diocese)
- Education for sexuality CES 1994
- Sex and Relationships Education Guidance DFE 2000
- Science national curriculum
- PSHE guidance
 - SEAL
 - Philosophy for Children

➤ **Links with other Policies**

Our RSE policy has clear links with other school policies aimed at promoting pupils' spiritual, moral social and cultural development including:

- Child Protection Policy and Safer Working Practices
- RE
- Behaviour
- SEAL