



Mission Statement: To love, to learn with God in our hearts

Policy revised: FEBRUARY 2019

Review Date: FEBRUARY 2021

INTRODUCTION

In this policy the Governors and teachers, in partnership with pupils and their parents, set out their intentions about relationships and sex education (RSE). We set out our rationale for and approach to relationships and sex education in the school.

Relationship and Sex Education (RSE) is seen in St. John Evangelist School by staff and governors as an important part of a child's development. Children need to develop knowledge and skills and to explore their own and other's values in order to make informed choices.

Our programme is grounded within a moral and spiritual framework in order to instil in each child a sense of their own dignity, a respect for and acceptance of this, together with a sense of responsibility.

RSE is about relationships, feelings and behaviour. We therefore support children to explore and appreciate the value of family life and marriage. We welcome and encourage partnership and co-operation with parents, recognising them as the primary educators of their children.

In developing this policy, the school sought advice from the Catholic Education Service. Our Catholic faith informs all our teaching and we teach within the guidelines of the Catholic Church.

The RSE Policy is regularly updated after careful consultation with parents, staff and governors through meetings and INSET. All new members of staff are made fully aware of the procedures and provided with support in teaching RSE. Written information is set out to parents/carers informing them when RSE will be taught. A copy of this policy is available on the school's website. Any objections must be put in writing and directed to the head teacher.

AIMS

The DFE guidance defines RSE as *"lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage and family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health"* (Sex and Relationship Education Guidance, DfEE, 2000).

It is about the development of the pupil's knowledge and understanding of them 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.

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

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.

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.

Following the guidance of the Bishops of England and Wales and as advocated by the DFE RSE will be firmly embedded in the PSHCE 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.

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 and support will be provided to help pupils deal with different sets of values.

The DFE identifies three main elements: "attitudes and values, personal and social skills, and knowledge and understanding"

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

Attitudes and Values:

- 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.

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;
- Being patient, delaying gratification and learning to recognise the appropriate stages in the development of relationships, and how to love chastely;
- Assessing risks and managing behaviours in order to minimise the risk to health and personal integrity.

Knowledge and Understanding

- 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.

CONTENT OF THE SRE PROGRAMME

What is taught and when?

We are legally required to teach those aspects of RSE which are statutory parts of National Curriculum Science.

RSE is taught within the context of the PSHCE Framework and throughout the school as part of the religion and science curriculum.

In the Autumn Term specific RSE lessons are taught in Year 2, 5 and 6.

Three lessons are taught in Year 2:

- | | |
|---------------|---|
| Lesson 1 Aim: | To introduce the concept of male and female. |
| Lesson 2 Aim: | To look at male and female difference and how this is part of the life cycle. |
| Lesson 3 Aim: | To focus on sexual difference and name body parts. |

Three lessons are taught in Year 5:

- Lesson 1 Aim: To explore the emotional and physical changes during puberty.
- Lesson 2 Aim: To explore the impact of puberty on physical hygiene and growing up.
- Lesson 3 Aim: To understand that menstruation is a normal part of growing up. (Opportunity given to ask questions in single sex groups).

Three lessons are taught in Year 6:

- Lesson 1 Aim: To recap puberty and explore how to deal with feelings and pressure from friends and media.
- Lesson 2 Aim: To understand what makes a good relationship.
- Lesson 3 Aim: To explore conception and pregnancy.

WHO TEACHES SRE?

SRE is taught in the familiar surroundings of the child's classroom with a familiar teacher.

New teachers to the school will be supported by the RE & PSHCE Subject Leader and Deputy through training, advice and team teaching.

HOW IS RSE TAUGHT?

RSE is a whole school issue. All teachers have a responsibility 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. All staff have been included in the development of this policy and all staff should be aware of the policy and how it relates to them.

SRE is taught using active and participatory teaching methods including quizzes and games. Classes begin by agreeing a set of ground rules with the pupils to create a safe environment:

- Listen to each other and take turns to speak.
- No personal questions.
- Keep confidentiality – don't mention names.
- Be understanding of each other's opinions.
- Treat each other with respect: laugh with each other, not at each other.

Activities are varied and allow for both small and large group discussion. Some lessons will be taught as single sex groups.

Older children will be given the opportunity to ask questions anonymously at the end of lessons. These questions will be answered in the next lesson giving

teachers time to consider how to answer them, taking into account what is appropriate or inappropriate in a whole class setting.

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. 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.

CONFIDENTIALITY AND ADVICE

All governors, all teachers, all support staff, all parents and all pupils must be made aware of this policy, particularly as it relates to issues of advice and confidentiality.

All lessons, especially those in the RSE programme, will have the best interests of pupils at heart, enabling them to grow in knowledge and understanding of relationships and sex, developing appropriate personal and social skills and becoming appreciative of the values and attitudes which underpin the Christian understanding of what it means to be fully human.

Pupils will be encouraged to talk to their parents/carers about the issues which are discussed in the programme. Teachers will always help pupils facing personal difficulties, in line with the school's pastoral care policy. Teachers should explain to pupils that they cannot offer unconditional confidentiality, in matters which are illegal or abusive for instance. Teachers will explain that in such circumstance they would have to inform others, e.g., parents, head teacher, but that the pupils would always be informed first that such action was going to be taken

CHILD WITHDRAWAL

It is our hope that parents would wish pupils to be involved in the school's SRE programme. However, we recognise that parents have the right to withdraw their children from lessons that are not required by National Science Curriculum.

Parents with concerns should arrange an appointment with the head teacher to explore any concerns and discuss any impact that withdrawal may have on the child. Once a child has been withdrawn, they cannot take part in the SRE programme until the request for withdrawal has been removed.

EQUAL OPPORTUNITIES AND INCLUSION

The teaching of RSE in our school is inclusive for all children. Both boys and girls will be taught the same curriculum in mixed groups and during single sex sessions.

CHILD PROTECTION

The school has a separate Child Protection and Safeguarding Policy. Effective RSE may bring about disclosures of child protection issues and staff should be aware of the procedures for reporting their concerns.

EVALUATION AND ASSESSMENT

The RSE programme will be monitored by the RE & PSHCE Subject Leader and the RSE policy will be updated biennially.

Appendix 1:

TEACHING RESOURCES

- Channel 4 DVD Living and Growing – Unit 1
 - Channel 4 DVD Living and Growing – Unit 2
 - Living and Growing Resource Book – Unit 1
 - Living and Growing Resource Book – Unit 2
 - Game tidy including: spot cream, razor, hair brush, comb, bra, deodorant, make-up, shaving foam, sanitary towels, tampons, panty liners, diary.
 - Relevant sections of the Catholic Catechism.
- } 'Here I Am'
- } QCA document

Appendix 2:

Guidance for teachers responding to difficult questions:

This guide should act as a reference for appropriate responses to questions that may arise in the teaching of Relationships and Sex Education. This guide aligns with the Catholic faith and supports the teachings of the Church.

There are certain topics that as a Catholic school supporting the teachings of the church, we do not discuss with children. These topics include:

- Homosexuality
- Contraception
- Abortion
- Masturbation
- Sex outside of marriage
- Polygamy
- Adultery

If one or more of these subjects are raised by a child, an appropriate response could be similar (but not restricted to):

“We remember that we are all created in God’s image and likeness. We love and respect others as Jesus taught us to. Although we will not discuss this topic as a class you should direct any questions you have to your parent/carer.”

You could provide students with post it notes to write down questions and take home to ask their parent or carer.

Appendix 3:

Letter to parents.

Dear Parents/Guardians of children in Years 5 & 6,
As a part of our school's personal, social, health and citizenship education programme (PSHCE) we will be delivering lessons this term on understanding our bodies, growing up, friendships, families and how babies are made. These lessons are age appropriate and designed to support the social and emotional development of our pupils. In particular we aim to encourage children to have a positive attitude to their bodies and a respectful attitude towards other people. We also want pupils in Years 5 and 6 to feel able to ask questions with confidence and to prepare older children for the changes associated with puberty and the transition to secondary school.

The biological aspects of these topics are also delivered as a compulsory part of the KS2 National Curriculum science work. PSHCE lessons provide an opportunity to put this learning about biology in the context of the emotional and social aspects of change, growing up, families and the human life cycle.

In brief, the lessons will cover:

Three lessons are taught in Year 5:

Lesson 1 Aim: To explore the emotional and physical changes during puberty.

Lesson 2 Aim: To explore the impact of puberty on physical hygiene and growing up.

Lesson 3 Aim: (single sex groups)
To understand that menstruation is a normal part of growing up.

Three lessons are taught in Year 6:

Lesson 1 Aim: To recap puberty and explore how to deal with feelings and pressure from friends and media.

Lesson 2 Aim: To understand what makes a good relationship.

Lesson 3 Aim: To explore conception and pregnancy.

We would like to invite Year 5 and 6 Parents to discuss these lessons at a parents meeting on _____

Year 5 Parents	Meeting will be held in Neptune Class with _____
Year 6 Parents	Meeting will be held in Pluto Class with _____

You have the right to withdraw your child from RSE lessons that are not part of the science curriculum. If you do not want your child to participate in these lessons, please arrange an appointment with Ms Day to explore any concerns and discuss any impact that withdrawal may have on the child. Once a child has been withdrawn they cannot take part in the RSE programme until the request for withdrawal has been removed.

We look forward to seeing you at the meeting.

Best wishes,
Miss Day
Headteacher

Dear Parents/Guardians of children in Year 2,

As a part of our school's personal, social, health and citizenship education programme (PSHCE) we will be delivering lessons this term on understanding our bodies, differences between males and females and life cycles.

These lessons are age appropriate and designed to support the social and emotional development of our pupils. In particular we aim to encourage children to have a positive attitude to their bodies and a respectful attitude towards other people.

The biological aspects of these topics are also delivered as a compulsory part of the KS1 National Curriculum science work. PSHCE lessons provide an opportunity to put this learning about biology in the context of the emotional and social aspects of change, growing up, families and the human life cycle.

Three lessons are taught in Year 2:

Lesson 1 Aim: To introduce the concept of male and female.

Lesson 2 Aim: To look at male and female difference and how this is part of the life cycle.

Lesson 3 Aim: To focus on sexual difference and name body parts.

You have the right to withdraw your child from RSE lessons that are not part of the science curriculum. If you do not want your child to participate in these lessons, please arrange an appointment with MS Day to explore any concerns and discuss any impact that withdrawal may have on the child. Once a child has been withdrawn they cannot take part in the RSE programme until the request for withdrawal has been removed.

If you have any further questions regarding what your child will be covering in these lessons please arrange a meeting with Miss XXX.

Best wishes,
Miss Day
Headteacher