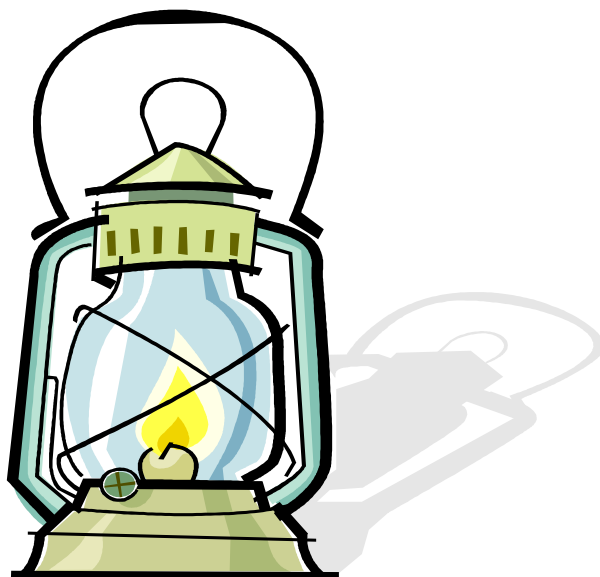




St. Bede's Catholic Primary School & Nursery



RELATIONSHIP AND SEX EDUCATION POLICY



“Shine like a Lantern in the presence of the Lord”

Approved by:

Head Teacher

Date: 04 – 09 – 2023

Signed

Last reviewed on:

Autumn 2023

Next review due by:

Autumn 2024

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“Our schools need to be places where everyone feels valued for their innate dignity.” - Pope Francis.

INTENT, AIMS AND OBJECTIVES

INTENT:

Here at St Bede’s we want to see our pupils thrive as successful learners through high quality teaching of our knowledge led curriculum and confident to make good life choices. We encourage our pupils to relate well to one another with empathy and honesty. We want all pupils to know the best of what has been thought or said, thus having the knowledge, behaviours and attitudes **to keep moving forward**

AIMS OF RSE

In partnership with our parents, we aim to provide children with a “positive and prudent sexual education” which is compatible with their physical, cognitive, psychological, and spiritual maturity, and rooted in a Catholic vision of education that believes each person is made in the image and likeness of God

At St. Bede’s Catholic Primary School and Nursery, we aim for our school’s RSE policy and programme to be delivered in conjunction with the school’s Personal, Social and Health Education (PSHE) teaching (Jigsaw) and the Diocesan Religious Education programme (Journey in Love’) and Government guidelines. From September 2020, Relationships and Sex Education (RSE) and Health Education becomes mandatory for all Schools, including Catholic Schools.

OBJECTIVES:

TO DEVELOP THE FOLLOWING ATTITUDES AND VIRTUES:

- Reverence for the gift of sexuality;
- Respect for the dignity of every person – in their own person and in the person of others;
- Joy in the goodness of the created world and their own bodies;
- Responsibility for one’s actions and a recognition of their impact 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;
- Faithfulness in relationships.

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, including 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;
- Assessing risks and managing behaviours in order to minimise the risk to health and personal integrity.

TO KNOW AND UNDERSTAND:

- 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; (Parents have the right to withdraw their child from this part of the curriculum);
- How to keep themselves safe and where to go for advice.

IN ORDER FOR CATHOLIC RELATIONSHIPS EDUCATION, RELATIONSHIPS, SEX EDUCATION, AND HEALTH EDUCATION TO BE FULLY EFFECTIVE IT NEEDS TO:

- Be faithful to the Church's vision of human wholeness whilst recognising the contemporary context in which we live today;
- Involve parents as they are primary educators of their child;
- Provide a positive view of human sexuality and dignity of the human person;
- Equip young people with the ability to make practical judgments about the right thing to do in particular circumstances;
- Explore and promote virtues which are essential to promoting respect and dignity;
- Be delivered in an age-appropriate way which reflects the development of the child;
- Be part of the cross-curricular work
- Be sensitive to the needs of the individual pupil and recognise the mix of pupils with different sexual orientations, genders and family backgrounds in each class;
- Be taken seriously by governors and teachers as an integrated part of the broad and balanced curriculum that Catholic schools offer;
- Be delivered by competent professionals who understand the Church's teaching.

“RSE must rooted in the Catholic Church’s teaching about what it is to be truly human in Christ, what it means to live well in relationship with others and be presented within a positive framework of Christian virtue.” ~CES

THE PROVISION FOR RSE WILL BE:

- Progressive & Developmental
- Differentiated
- Cross-curricular - RE, Computing, Science, PE, Music, Art, English, and PSHE
- Integrated

- Co-ordinated
- Balanced

RELATIONSHIP EDUCATION (STATUTORY)

At St Bede's will put in place the building blocks needed for positive and safe relationships, including with family, friends and online. Children will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way the curriculum will cover how to treat each other with kindness, consideration and respect. By the end of Year 6 pupils will have been taught content on:

- **Families and people who care for me**
- **Caring friendships**
- **Respectful relationships**
- **Online relationships**
- **Being safe**

HEALTH EDUCATION

St Bede's aims to give children the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise. By the age of 11, pupils will have been taught content on:

- **Mental wellbeing**
- **Internet safety and harm**
- **Physical health and fitness**
- **Healthy eating**
- **Facts and risks associated with drugs, alcohol and tobacco**
- **Health and prevention**
- **Basic first aid**
- **Changing adolescent body**

SEX EDUCATION

St. Bede's Catholic Primary School has agreed to follow the programme 'A Journey in Love' as recommended by the Diocese of Brentwood alongside our RE Coordinator and Foundation Governor.

Teaching will be whole class, mixed gender learning, with the opportunities for a separate boys and girls' forum to facilitate the needs of the individual child if necessary or requested.

Children with Special Educational Needs and disabilities (SEN - D) will have support in varying ways depending upon their individual needs and in consultation with their parents/carers.

JOURNEY IN LOVE CURRICULUM LONG TERM PLAN:

Early Years: **The wonder of being special and unique**
AIM: To explore the wonder of being special and unique
Vocabulary: God, love, belonging, face, womb, Baptism

Year 1: **We meet God's love in our family.**

AIM: To focus on families and specially growing up in a loving, secure and stable home.
Vocabulary: God, love, healthy, boundaries, safe, care, unique, penis, vagina, vulva, nipples, breasts

Year 2: **We meet God's love in the community.**
AIM: To describe how we are growing and developing in diverse communities that are God – given.

Vocabulary: God–given, community, diverse, stereotypes, feelings, father, mother, carer and guardian

Year 3: **How we live in love.**
AIM: To describe and give reasons for how we grow in love in caring and happy friendships where we are secure and safe.
Vocabulary: God – given, friendship, forgive, care, emotions, care loyalty and trust

Year 4: **God loves us in our differences.**
AIM: To make links and connections to show that we are all different. To celebrate these differences as we appreciate that God's love accepts us as we are now and as we change.
Vocabulary: God, dignity, trust, stereotype, guidance, uniqueness, religious, talents and gifts

Year 5: **God loves us in our changing and developing.**
AIM: Show a knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger, boredom etc. and grow further in recognising God's presence in our daily lives.
Vocabulary: God, Puberty, menstruation, ovulation, fallopian tube, cervix, ovum, vagina, period, emotions, sanitary towels sanitary pads, oestrogen, vulva, womb, uterus.

Year 6: **The wonder of God's love in creating new life.**
AIM: To develop a secure understanding of what stable, caring relationships are and the different kinds there may be. Focusing on Catholic teaching, children will also know and understand about the conception of a child within marriage.
Vocabulary: God, relationship, conceive, intercourse, fallopian, sexuality, testicles, scrotum, vagina, sperm, egg, ejaculate.

ROLES AND RESPONSIBILITIES

SAFEGUARDING PROCEDURES

The school has procedures and policies in place to deal with any sensitive issues or pupils thought to be vulnerable. All staff will pass on any concerns of this nature to the designated child protection officer in school.

THE ROLE OF THE PARENTS

The school recognises that parents/carers are the primary educators of their children and will seek to support them in their task. It will ensure that parents/carers are consulted with and kept fully informed of what is happening in RSE in terms of content, delivery, timing and evaluation. Prior to delivering sex and relationship education, as part of the 'Journey

in Love' programme, meetings will be held with parent/carers to fully discuss the programme's content for Year 5 and 6. This will give parents/carers the opportunity to ask any questions and address any concerns which they may

Parents have the legal right to withdraw their children from sex education where this is not contained in the National Curriculum (Sexual Intercourse and Conception Year 6), It is hoped that parents would see the importance of educating children in these matters within the context of the faith.

THE ROLE OF THE GOVERNORS

The Foundation Governors of Catholic schools are appointed by the Bishop in order to promote and safeguard the Catholicity of the school. Governors will consult on, and approve, the RSE policy in accordance with the Catholic character of the school and in line with other policies. They will ensure that the policy is made available to parents and will advise them of their right to withdraw their children. Governors will, also, ensure that there is an effective system for the monitoring and evaluation of the RSE policy, programme and related resources used. The governing body have wider responsibilities under the Equalities Act 2010 and will ensure that St Bede's strives to do the best for all of the pupils, irrespective of disability, educational needs, race, nationality, or gender

THE ROLE OF THE HEADTEACHER

The Head teacher has overall delegated responsibility for the implementation of the Relationships Education, Relationships and Sex Education and Health Education policy and its integration into the school's curriculum and Catholic life.

THE ROLE OF THE COORDINATOR

The RE Coordinator will implement inset for staff in order to develop and enrich their knowledge of this area of the curriculum. The RE Coordinator will monitor the teaching of Relationship and Sex Education in the school.

THE ROLE OF THE STAFF

Relationships, Sex Education, and Health Education is a whole school issue. All staff will be involved in developing children's personal and social skills and the attitudes and virtues aspect of Relationships and Sex Education and Health Education programme.

CONFIDENTIALITY

Relationship and sex education requires sensitive teaching which is matched in particular by the specific needs and concerns of children. Class teachers use their professional judgement when addressing issues in relationship and sex education and careful consideration is given to the inevitable wide and varied experience and backgrounds of all children in the class. All class teachers involved in relationship and sex education are required to be sensitive, credible and consistent. The school will ensure that all staff are familiar with their legal and professional responsibilities.

EXTERNAL VISITORS

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. 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 'Protocol for Visitors to Catholic Schools'.

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.

REVIEWING OF POLICY

This policy will be monitored annually by the RE Coordinator and reviewed annually by the Governing Body. Parents/carers will be consulted with, if any changes or adaptations are proposed.

RESOURCES

Primary Programmes:

1. Journey in Love - revised edition 2020
2. Come and See
3. Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers – September 202

WEBSITES:

1. www.catholiceducation.org.uk

BOOKS:

1. Learning to Love: An Introduction to Catholic Relationship Education: for Catholic Educators -Bishop's Conference of England and Wales - March 2017
2. Amoris Laetitia – Pope Francis – March 2016
3. Formation in virtues: educating the whole person –Bishops Conference of England and Wales - April 2020

DOCUMENTS:

- 1.A model policy for Relationship and Sex Education - CES 2020

SIGNED BY

REVIEW DATE – September 2024