



St Mary's R.C. Primary School RSHE (Relationships, Sex and Health Education)Policy

September 2022

Vision:

We believe that every child is a gift from God, therefore, we aim to provide an outstanding and happy Catholic education which develops the 'whole child' whilst enabling them to reach their full potential.

Mission statement:

We love God ... so we follow the examples of Jesus

We love learning ... so we always do our very best in everything

We love each other ... so we treat each other as we want to be treated

Our Mission Statement commits us to the education of the whole child and we believe that Relationships and Sex Education (RSE) is an integral part of this education. It is in this context that we commit ourselves, in partnership with parents¹, to provide children and young people with a “positive and prudent relationships and sexual education”² which is compatible with their physical, cognitive, psychological, and spiritual maturity, and rooted in the Catholic vision of education and the human person.

In this policy the Governors and teachers, in partnership with pupils and their parents, set out their aims and their approach to RSE in the school.

Staff have been consulted on the new RSHE curriculum and policy.

Governors have been consulted with and approved the new policy.

The Headteacher has attended training with Salford Diocese and has accessed advice and support.

Implementation and Review of Policy

Following consultation and approval by the Governing Board, this policy will be implemented from the Autumn term 2020.

This policy will be reviewed initially every year by the Headteacher and Miss Bain, the RSHE Co-ordinator, the Governing Body and Staff. The first review date will be September 2021.

Dissemination

The policy will be given to all members of the Governing Body and all teaching and non-teaching members of staff. Details of the policy and content of the RSE curriculum will be published on the school's web site. Copies of the policy will be available to all registered parents on request and a copy is available in the school office.

Statutory Curriculum Requirements

The statutory framework that surrounds education about human relationships largely falls within three key areas.

- The National Curriculum (2014)
- Statutory Guidance: 'Sex and Relationships Education Guidance' (2000)
- The Children's Act (2004)

¹ Parents is used to refer to carers, guardians and parents

² *Gravissimum Educationis*

State Funded	Maintained Schools
Whole Curriculum	Every state-funded school must offer a curriculum which is balanced and broadly based and which: - promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society; - prepares pupils at the school for the opportunities, responsibilities and experiences of later life.
Personal, Social, Health & Economic Education	Department for Education: all schools should make provision for PSHE, drawing on best practice. Schools are free to develop their own PSHE programme to reflect the needs of their pupils. We have incorporated this into the RSE curriculum adding Health, citizenship and economic education to the RSE curriculum.
Sex and Relationships Education	Statutory for secondary aged children to have sex education that includes HIV, Aids and other sexually transmitted infections As a Primary school we will teach both sex and relationships within the RSHE curriculum.
Sex and Relationships Education Guidance	Any school that provides SRE has a statutory duty to have due regard to Sex and Relationships Education Guidance DfEE 2000
National Curriculum	Statutory sex education forms part of the science programmes of study across Key Stages 1-3. Aspects of this are taught within the Primary Science curriculum
Sex and Relationships Education Policy	DfEE Guidance (2000) states that all schools should have an up to date SRE policy available for inspection and on request for parents or carers.

In Catholic education, the reasons for our teaching of RSE go further.

Aim of Catholic Relationships and Sex Education

The aim of Catholic RSE is rooted in a particular context, that Catholic Christianity is a living tradition of lifelong learning in the knowledge and love of God. This learning is not additional to learning about ourselves and our relationships with others and the world, but constitutive of such learning because it treats of God and of all things, in their relationship to God as their beginning and their end, their origin and destiny.³

'God is love and anyone who lives in love lives in God and God lives in him.' (1 Jn. 4:16) *'I have come that they may have life and have it to the full.'* (Jn.10:10)

'God created man in the image of himself, in the image of God he created him, male and female he created them.' (Gen. 1:27)

We teach RSHE precisely because of our Christian beliefs about God and about the human person. At the heart of the Christian life is the Trinity, God the Father, God the Son and God the Holy Spirit. This communion of love at the heart of God reveals that the desire for fulfilling and flourishing human relationships, is God-given. 'Communities are brought into being by the participation of men and women, responding to the divine impulse to love and to be loved – which was implanted by the God who created them.'⁴ In short, human beings are not simply created to be relational, but created to love and to be loved just as God is love.

The belief that God became man in Christ animates our approach to RSE. The Incarnation endows the human form with an extraordinary dignity and shows that our relationship with our own bodies is not casual but infused with the Holy Spirit⁵. Humanity is called to embrace Christ's invitation to follow him, because the encounter with Christ gives life a decisive direction – gives life to the full.

The belief in the unique dignity of the human person made in the image and likeness of God underpins our approach to RSHE. We believe that everyone possesses a 'basic dignity that comes from God, not from any human quality or accomplishment, not from race, or gender, age or economic status'. As a consequence, not only is every member of the school community worthy of great respect but gender and sexuality are seen as God's gift, reflect God's beauty, and share in the divine creativity.

Following the guidance of the Bishops of England and Wales and as advocated by the DFE, RSE will be firmly embedded in the PSHE framework. The umbrella term will be: 'RSHE'. The school will aim to ensure, through a faith motivated person centred approach that all pupils, appropriate to their age, level of maturity and developmental needs, develop the necessary attitudes and values, the personal and social skills, and knowledge and understanding to ensure that they have the capacity to make sound judgements, good choices and enjoy relationships based on love, mutual respect, dignity and

³ Thomas Aquinas, *Summa Theologiae*, 1a, q.1, ad2; q.1, a. 7. C.

⁴ *The Common Good in Education*, p. 6, Catholic Education Service 1997.

⁵ 'Your body, you know, is the temple of the Holy Spirit, who is in you since you received him from God. You are not your own property ... That is why you should use your body for the glory of God' 1 Cor. 6:19-20

⁶ *The Common Good in Education*, p. 6.

responsibility free from any abuse or exploitation and to accept their own and others' sexuality in positive ways and as a gift essential to their personal identity.

Values and Virtues

Our programme enshrines Catholic values relating to the importance of stable relationships, marriage and family life. It also promotes those virtues which are essential to God's call to love others with a proper respect for their dignity and the dignity of the human body. The following virtues will be explicitly explored and promoted: love, mercy, compassion, faithfulness, temperance (chastity), fortitude and prudence.

Our approach acknowledges 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.

Defining Relationships and Sex Education

In RSHE, children will learn about their spiritual, social, moral, emotional and physical development in ways appropriate to their age, level of maturity and developmental needs. We promote and teach the importance of love for relationships, including love's sexual expression in marriage. The teaching of sex, sexuality and sexual health will be placed in the context of Catholic Church teaching.

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"⁷. The DFE identifies three main elements: "attitudes and values, personal and social skills, and knowledge and understanding"⁸.

Objectives

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

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

⁷ Sex and Relationship Education Guidance, DfEE, 2000

⁸ *ibid*

- 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

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
- 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
- the reasons for delaying sexual activity and the benefits to be gained from such delay
- how to keep themselves safe from sexually transmitted infections and avoid unintended pregnancy

Entitlement and Delivery

Inclusion and differentiated learning

We will ensure RSHE 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. (In looking at these questions, it is important to draw links to the school's inclusion policy). 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.

Learning about RSE (and PSHE as part of the RSHE curriculum) will link to/complement learning in those areas identified in the RSE audit.

Equalities obligations

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.

Broad content of RSE

Three aspects of RSE - attitudes and values, knowledge and understanding, and personal and social skills will be provided in three inter-related ways: the whole school ethos dimension; a cross-curricular dimension and a specific relationships and sex curriculum.

Integrated curriculum

The RSHE programme will promote Catholic values and virtues in accordance with Church teaching and ensure that pupils are offered a range of viewpoints on issues. Pupils will also receive clear scientific information as well as covering the aspects of the law pertaining to RSE. We will ensure that pupils have access to the learning they need to stay safe, healthy and understand their rights as individuals. ***Knowing about facts and enabling young people to explore differing viewpoints is not the same as promoting behaviour and is not incompatible with our school's promotion of Catholic teaching.***

The governors believe that children are best educated, protected from harm and exploitation by discussing such issues openly within the context of the RSHE programme. The use of ground rules, negotiated between teachers and pupils, will help to create a supportive climate for discussion. Governors want to ensure that pupils can ask questions freely, be confident that their questions will be answered, and be sure that they will be free from bullying or harassment from other children and young people. (See also Sex and Relationship Guidance, 4.5 'Dealing with questions' 0116/2000, Department for Education and Employment, July 2000 for more detail)

Teaching RSHE in our school

- Our main resource will be 'Ten Ten' which is approved and recommended by Salford Diocese for the teaching of RSE. We will supplement this with other resources if necessary to ensure we cover all the statutory and recommended elements of the PSHE curriculum (See 'Sex and Relationship Guidance'. DCSF 2000)
- It is statutory to teach Health Education. We will teach this as part of RSHE (relationships, sex and health education)
- We will also teach other aspects of PSHE, including Economic Education. Citizenship education is also covered with the Ten Ten scheme
- RSHE is taught formally on a regular basis, as well as impromptu teaching/learning

Parts of the RSHE curriculum are folded into other parts of our curriculum, (eg health education is also covered within science and PE and economic education within maths, SRE links with RE or aspects are covered as part of our wider school offer, such as in assemblies, whole-school events or RE/charity fundraising

- Aspects of the Health curriculum including E-Safety and mental/emotional health is covered within the RSHE policy as is Citizenship education and belonging to local, national and International communities

- Some school trips and visits overlap the RSHE curriculum eg visits to other religions places of worship (citizenship)
- Class teachers generally teach the RSHE curriculum but at times visitors/parents or guests will deliver some aspects eg visitors talking about their jobs (careers/economic education)
- St. Mary's prides itself on being fully inclusive and barrier free. Every child has equal access to the RSHE curriculum despite any additional needs or ability
- St. Mary's is a Catholic school and follows the teaching of the Catholic Church with the teachings of Jesus at the heart of all we do. We acknowledge that not all our children, or staff follow these beliefs and we respect and celebrate difference. We encourage open discussions about other beliefs and will discuss
- Staff teaching RSHE must ensure that when approached about controversial topics or asked difficult questions from pupils, that they don't let their personal beliefs and attitudes influence their teaching
- Teachers should raise any concerns about their ability to teach certain areas of the curriculum with SLT and clarify any uncertainties of how to approach certain aspects of the RSHE curriculum
- We have signed up to the PSHE Association and use the resources provided if relevant. Teachers supplement this with a range of other resources deemed suitable. Much of RSHE naturally links and overlaps with other subjects. Teachers highlight in their planning grids when objectives have been met through other subject areas
- The Ten Ten scheme allows teachers to assess pupils and monitor their progress to help them plan next steps
- Parents will be provided with feedback within the annual reports and parents evenings

Roles and Responsibilities

Parents

Parents are the primary educators of their children. The school seeks to support and not replace them in this task. We recognise that parents sometimes experience and express difficulty in discussing RSHE with their children. Support, understanding and advice will be offered to parents to deal with sensitive issues they may need to address. Parents will be informed when the more sensitive aspects of RSHE are covered in order that they can be prepared to talk and answer questions about their children's learning.

Parents have been consulted about this policy before it was ratified by the governing body. The school would normally provide parents with opportunities for consultation on a new RSHE programme but this was difficult to do during the Covid pandemic. Instead the policy has been shared with parents and they have been invited to share any questions/concerns with the Headteacher. They will be able to view the resources used by the school in the RSHE programme if they wish. Our aim is that every parent will have full confidence in the school's RSHE policy and programme.

Parents have the right to withdraw their children from RSE except in those elements which are required by the National Curriculum science orders. Should parents wish to withdraw their children they are asked to notify the school by contacting the Headteacher. The school will support parents by providing material to help the children with their learning.

Governors

The Foundation Governors of Catholic schools are appointed by the Bishop in order to promote and safeguard the Catholic character of the school. Governors will consult on the policy and approve the RSHE policy in accordance with the Catholic character of the school and in line with other policies. Governors will ensure that the policy is made available to parents and ensure that parents know of their right to withdraw their children. Governors will provide an effective system for the monitoring and evaluation of the RSHE policy, programme and resources used. Finally, governors will ensure that the RSHE policy places RSE within it and provides effective coverage of the relevant National Curriculum science orders.

Headteacher

The Headteacher takes overall delegated responsibility for the implementation of this policy and for liaison with the Governing Body, parents, the Vicariate for Education and appropriate agencies.

PHSE/RSHE Co-ordinator

The co-ordinators, Miss J. Bain/Miss Rachael Riley, along with the Headteacher have a general responsibility for supporting other members of staff in the implementation of this policy and will provide a lead in the dissemination of the information relating to RSHE and the provision of Continuing Professional Development (CPD).

Responsibility for teaching the specific RSE programme lies with each Class teacher.

The co-ordinator will monitor the provision of the various dimensions of the programme by examining plans, schemes of work and samples of pupils work at regular intervals.

The programme will be evaluated biannually or as appropriate by means of questionnaires/response sheets/needs assessment given to pupils and/or by discussion with pupils, staff and parents.

The results of the evaluation should be reported to these groups of interested parties and their suggestions sought for improvements. Governors will consider all such evaluations and suggestions before amending the policy. Governors remain ultimately responsible for the policy.

Teachers of RSHE

All teachers should actively contribute to the guardianship of the physical, moral and spiritual well-being of their pupils as well as fostering academic progress. Teachers will be expected to teach RSHE in accordance with the Catholic character of the school. Appropriate training will be made available for all staff teaching RSHE.

All Staff

RSHE is a whole school issue. Every member of staff has a duty of care to uphold the dignity of all. All staff will be involved in developing the attitudes and values aspect of the RSHE programme.

They will be role models for pupils of good relationships between staff, other adults and pupils. They will also be contributing to the development of pupils' personal and social skills.

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.

Outside Agencies and External Staff

Support and guidance from outside agencies and health professionals will always complement the current RSHE programme and never substitute or replace teacher led sessions. The school's leadership will inform any external visitor of the school's policy and Catholic character so they are clear about their role and responsibility when delivering a session in a Catholic context. Any visitor must adhere to our code of practice developed in line with CES guidance 'Protocol for Visitors to Catholic Schools' and the diocesan protocol for visitors to Catholic schools.¹⁰

Safeguarding

There will always be sensitive or controversial issues discussed in RSHE. Children will need to feel safe and secure in the environment in which RSHE takes place. Effective RSHE will provide opportunities for discussion of what is and is not appropriate in relationships. Such discussion may well lead to disclosure of a safeguarding issue. Where a teacher has any concerns they are required to follow the school's safeguarding policy and immediately inform the designated senior member of staff responsible.

Links with other policies

RE policy

Collective Worship policy

SMSC policy

Single Equality Policy

British values policy

Anti-Bullying Policy

Behaviour Policy

Prevent Policy

Safeguarding/Child Protection policy

ESafety policy

Signed: Chair of Governors Oct 2020

Reviewed: Sep 2022

¹⁰ Protocol for Visitors to Catholic Schools, CES, Feb. 2011