

# Relationships and Sex Education Policy 2020

By	Review period	Method
Full Governing board	Bi-annual	Meeting

Ownership: Executive Principal

Revision History

Review	Changes	Next review date
November 2018, February 2019 and June 2019	To reflect organisational change	February 2021
July 2020	Review – to reflect changes in line with government legislation	July 2021



# Sex and Relationships Policy

## Purpose of the Policy

To support the personal, educational, moral and spiritual development of all our young people

To support young people in accepting their own and other's sexuality in positive ways

To promote a real sense of self-esteem and respect for oneself and the wider community

To develop in our young people an understanding of the personal discipline necessary to deal with their own emotions while growing as compassionate, empathetic and caring people

To develop an understanding of the following personal and social skills:

Loving and being loved, and the ability to form friendships and loving relationships free from exploitation, abuse and bullying;

Managing emotions within relationships confidently and sensitively;

Developing self-esteem and confidence, demonstrating self-respect and empathy for others;

Building resilience and being able to appropriately respond to unwanted pressures, recognising the influence and impact of the media, social media and peer groups, assessing risks and managing behaviours in order to minimise the risk to health and personal value and wellbeing.

Learning to be aware of the implications of our actions and to act in a way which is respectful of the privacy of others

Enabling students to make informed choices

To know and understand:

The Church's teaching on relationships and sexual love

The physical and psychological changes that accompany puberty

The facts about human reproduction

## DEFINING RELATIONSHIP AND SEX EDUCATION

The 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"<sup>1</sup>. 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.

<sup>1</sup> Relationships Education, Relationships and Sex Education (RSE) and Health Education: Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers Page 4

According to the Department for Education, RSE is defined 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'. Adding to this, RSE will be in accordance with the Church's moral teaching. It will emphasise the importance of marriage and the family whilst acknowledging that all students have a fundamental right to be respected. Those teachers responsible for the delivery of RSE will do so in a sensitive manner differentiating learning to the diverse needs and backgrounds of all students. This is not only a moral obligation but also a responsibility set out in the Equalities Act 2010.

## Appendix 2

### **Purpose**

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To support young people in accepting their own and other's sexuality in positive ways

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To develop an understanding of the following personal and social skills:

- Loving and being loved, and the ability to form friendships and loving relationships free from exploitation, abuse and bullying;
- Managing emotions within relationships confidently and sensitively;
- Developing self-esteem and confidence, demonstrating self-respect and empathy for others;
- Building resilience and being able to appropriately respond to unwanted pressures, recognising the influence and impact of the media, social media and peer groups, assessing risks and managing behaviours in order to minimise the risk to health and personal value and wellbeing.
- Learning to be aware of the implications of our actions and to act in a way which is respectful of the privacy of others
- Enabling students to make informed choices

To know and understand:

- The Church's teaching on relationships and sexual love
- The physical and psychological changes that accompany puberty
- The facts about human reproduction
- How to manage fertility in a way which is compatible with their stage of life, their own values and their life commitments, including an understanding of the difference between natural family planning and artificial contraception;
- How to keep themselves safe from sexually transmitted infections and unintended pregnancy, including where to go for advice.

### **St Joseph's Vision and Mission**

The college motto is **LAUS DEO SEMPER** (Praise God Always). This policy is underpinned by the belief that we praise God in who we are and how we behave towards ourselves and others. We recognise sexuality as a gift from God which brings with it responsibilities. The college has a clear mission which involves the formation of young people. Guided by our college vision and mission, this policy outlines the college's rationale and approach to Relationship and Sex Education (RSE). It is the product of the collaborative efforts of our Trustees, teachers,

students and parents. Consultation on this document has been informed through student voice, parental input, a review of the RSE curriculum, the Designated Safeguarding Lead, School Nurse, the senior leader responsible for RE, the Head of Science, the PSHE co-ordinator and the Head of School

### **Context**

St Joseph's sees itself as working with parents in the formation of the young people in our care. We recognise that adolescence is a key period of identity formation and developing a sense of self. Most adolescents move from the security of childhood towards the opportunities and the questions and decisions the adult world seems to offer. As a Catholic college our approach to RSE is shaped by our Christian beliefs about God and the human person. Catholic social teaching refers to the unique dignity of each human person and aims to empower young people as they grow and address the situations of their life experiences. Students will also have the opportunity to explore alternative interpretations of the issues addressed in this type of education.

To guide students through adolescence there is an imperative need for caring adults in the lives of the young people in our care, particularly in the delivery of RSE. *Gravissimum Educationis* recognises this as being especially true in the age of rapid social and technological progress. Because we see that we are all made in the image and likeness of God, so gender and sexuality are understood as God's gift. Understanding this, RSE will be placed firmly within the context of relationship as it is there that sexuality grows and develops.

### **Values and Virtues**

The RSE programmes in St. Joseph's are underpinned by the Catholic values relating to the importance of stable relationships, marriage and family life. The programmes will also promote those virtues which are essential in responding to God's call to love others with a proper respect for the dignity of the human body. The following virtues will be explicitly promoted: love, faithfulness, integrity, prudence, mercy and compassion.

### **Aims**

The aim of Relationship and Sex Education at St. Joseph's Catholic School shares the vision of the Second Vatican Council which spoke of the need for 'a positive and prudent sex education'. The programmes will be attuned with students' physical, psychological, social, emotional and spiritual maturity. Content will be taught in increasing depth as students' progress through the year groups. Materials and content will be age-appropriate. We will ensure SRE is sensitive to the different needs of individual pupils in respect to pupils' different abilities, levels of maturity and personal circumstances e.g. sexual orientation, faith and culture etc.

## **Principles**

- Relationships education should 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;
- Responsibility for their own actions and a recognition of the impact of these on others;
- Valuing their own sexual identity and that of others
- Recognising the importance of marriage and family life
- Learning how to be faithful in a relationship.

## **Method**

Relationships and Sex Education will be;

- Taught factually in Science lessons as set out in the Science Curriculum
- Taught in Religious Education through the RE Curriculum
- Taught in PSHE in term 3 as a spiral curriculum (TEN TEN resources) and through year group presentations, speakers, workshops and with the input of appropriate outside agencies. These agencies will be guided by the relevant staff members in their delivery of materials and informed by the code of practice, 'Protocol for Visitors to Catholic Schools', outlined by the CES

## **Responsibilities**

The Catechism of the Catholic Church recognises that parents have the first responsibility for educating their child. Catholic schools assist parents in this role by sharing resources and communicating by letter to parents regarding when their child will be taught RSE in the college.

The college respects that parents have the right to withdraw their child from RSE except from those elements which are required by the National Curriculum science orders. Should withdrawal from all or part of the lesson be sought, parents are asked to contact the Head of School in writing, in advance.

The Trustee's of the College are responsible for ensuring the development of a sex and relationship policy that is in keeping with Catholic teaching. The Trustee's will ensure that the programme and the resources are appropriate and are monitored and evaluated. This will involve visiting the college and meeting with staff and students. Trustee's will ensure that the guidelines in the Catholic Education Service's document, '*Guidance for Education in Relationship and Sex Education in Schools*' are followed, and '*The Clifton Diocese Guidance for Teaching Relationships and Sex Education in Schools*' (April 2019)

The governing board 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  
The Head of School will be responsible for ensuring that parents and staff are informed about school policy with regard to Relationship and Sex Education. The Senior Leader responsible for RE will liaise with the DSL, Head of science and PSHE co-ordinator, to plan the content and the teaching of all issues regarding human relationships and sex education;  
The Designated Safe-Guarding lead (DSL) is: Adrian Stoten. Deputy designated safeguarding leads are Nicki Grace and Clare O'Connell. The DSL or deputy should be contacted over any concerns which arise while this topic is being taught

### Programme

An outline of the Relationship and Sex Education programme is included with the course descriptions on the College website with parental access to Ten Ten resources.

Linked to:

- Safeguarding Policy
- Equality Policy
- Learning and Teaching policy

